

## PRESS Method

A daily disciple chooses to PRESS into God's Word, every day, in pursuit of His voice and His direction. Here is a simple method to help you PRESS into His Word and His Spirit more effectively each day.

<p><b>PREPARE</b> <i>your Heart</i></p> <p>Invite Holy Spirit to open your eyes, soften your heart, and give you understanding.</p> <hr/> <p><b>STEPS to PREPARE</b></p> <ul style="list-style-type: none"><li>• "Open my eyes that I may behold wonderful things out of Your law." (Psalms 119:8)</li><li>• "Incline my heart to your testimonies and not selfish gain." (Psalms 119:36)</li></ul>	<p><b>READ</b> <i>the Text</i></p> <p>Read God's word carefully, journaling and taking notes as you go.</p> <hr/> <p><b>STEPS to READ</b></p> <ul style="list-style-type: none"><li>• Record observations and facts that stick out to you.</li><li>• Take note of any repetition, key words, or phrases.</li><li>• Identify commands, imperatives or warning.</li></ul>	<p><b>EXAMINE</b> <i>the Context</i></p> <p>Better understand the purpose and context of the text you read.</p> <hr/> <p><b>STEPS to EXAMINE</b></p> <p>How does the text you read fit into the:</p> <ul style="list-style-type: none"><li>• Paragraphs above and below</li><li>• Book of the Bible</li><li>• Epoch (Old or New Testament)</li><li>• Overall Storyline of the Bible</li></ul>	<p><b>STUDY</b> <i>the Text</i></p> <p>Delve deeper into the significance of the Scripture you just read.</p> <hr/> <p><b>STEPS to STUDY</b></p> <ul style="list-style-type: none"><li>• What does the story tell us about God?</li><li>• What does the story tell us about people?</li><li>• Discuss the emotions of the characters in the story.</li><li>• How does this make you feel?</li></ul>	<p><b>SEEK</b> <i>to Apply</i></p> <p>Invite the Lord to speak to you about living out the Scripture you read.</p> <hr/> <p><b>STEPS to SEEK</b></p> <ul style="list-style-type: none"><li>• What from today's Scripture does Jesus want you to obey this week?</li><li>• Who do you know that needs to hear this story?</li><li>• Read and remind yourself of God's vision and mission from Matthew 28:18-20.</li></ul>
---	---	---	---	--

### 1. **PREPARE** your Heart

Invite Holy Spirit to open your eyes, soften your heart, and give you understanding. Remove any distractions and pray.

"Open my eyes that I may behold wonderful things out of Your law." (Psalms 119:8)

"Incline my heart to your testimonies and not selfish gain." (Psalms 119:36)

### 2. **READ** the Text

Read God's word carefully, journaling and taking notes as you go. Record observations and facts that stick out to you. Take note of any repetition, key words, or phrases. Identify commands, imperatives or warning.

### 3. **EXAMINE** the Context

Better understand the purpose and context of the text you read. How does the text you read fit into the: Paragraphs above and below, Book of the Bible, Epoch (Old or New Testament), Overall Storyline of the Bible?

### 4. **STUDY** the Text

Delve deeper into the significance of the Scripture you just read. What does the story tell us about God? What does the story tell us about people? Discuss the emotions of the characters in the story. How does this make you feel?

### 5. **SEEK** to Apply

Invite the Lord to speak to you about living out the Scripture you read. What from today's Scripture does Jesus want you to obey this week? Who do you know that needs to hear this story? Read and remind yourself of God's vision and mission from Matthew 28:18-20.