# **The 4 Rs Method**

The 4 Rs method is a practical and accessible approach to Bible study, suitable for both personal and group settings. It consists of four steps: Read, Reflect, Respond, and Rest/Record. The process begins with Read, where you engage attentively with a selected Bible passage, allowing the words to speak to you and noting anything that stands out. Reflect invites you to consider the meaning and relevance of the passage in your own life, asking questions about its message and application. Respond challenges you to take action—whether through prayer, commitment, or sharing insights—so that Scripture shapes your thoughts and actions. Finally, Rest/Record encourages you to pause and rest in God’s presence, while also recording your observations, insights, or prayers in a journal or notebook. This step ensures that your study is both restful and memorable, providing a record for future reflection and growth.

## 4 Rs Bible Study Form

### Passage:

### 1. Read

*(Read the passage carefully. Note any words, phrases, or ideas that stand out.)*

### 2. Reflect

*(Reflect on the meaning of the passage. Consider its relevance to your life.)*

### 3. Respond

*(Respond in prayer or action. What will you do or change based on this passage?)*

### 4. Rest/Record

*(Rest in God’s presence, and record your observations, insights, or prayers.)*