

## Regional Meetings Sabbatical-Scripture Study

This time of Biblical study is based on an inductive study-style known as O.I.M.A. (*observation, interpretation, mediation, application*). There is no “one way” to study scripture. We encourage you to engage with these different passages as you are led.

Plan to set aside at least 30 min, but the study can take a long as you need.

### Supplies:

- Bible
- Journal/notepad to write down your thoughts/prayers/etc.
- Writing utensils
- Commentaries (scans available upon request made to the Conference Office)
  - Consult [www.biblehub.com/commentaries/](http://www.biblehub.com/commentaries/) for more resources
- Art supplies (optional)
- Headphones/music player (optional)

### BEFORE YOU BEGIN

1. Find a quiet spot to gather
2. Remove distractions (turn off your phone-unplug a bit)
3. Take a moment to quiet yourself/yourselves before the Lord. Ask the Holy Spirit to reveal more of who God is in the reading of the passage and to remove all distractions from your heart and mind that might draw focus from your quiet time. If there are any unconfessed sins weighing on your heart, take the time to make those known to your Heavenly Father. Also pray for others throughout IMMC who are also engaging with this study.

### PREPARING OUR HEARTS:

1. Choose a passage of scripture to study from the following list:

*In anticipation of Annual Sessions 2019: Practicing Our Hope, we encourage you to study the following verses which will be the focus of this year's worship services.*

- a. Romans 12:1-2
    - i. “I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (ESV)
  - b. 1 Peter 3:15
    - i. “But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect” (ESV).
  - c. Romans 12:11-12
    - i. “Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer” (ESV)
2. Take a minute to read the passage of scripture twice through.

3. Pray over the passage-asking the Holy Spirit to move in you so that you might have understanding.
  - a. Ex. "Heavenly Father, thank you for your word. Thank you for this time to meet with you. Speak to me. Be present. Draw me deeper. Fill me with your Holy Spirit so that my mind would be clear and that my ears would be discerning of your voice."

#### DIVING IN:

*\*\*denotes suggested opportunities for discussion if you are studying with a group*

4. Observation- *What does this passage say?*
  - a. Look for the **facts** presented in this scripture and its surrounding text: i.e. who is the author, who is the audience, when was this written, what kind of text is this (a letter, a poem, etc.) What do you see? What words stick out to you?
  - b. **\*\*Discuss**
5. Interpretation- *What does this passage mean? In your own words, what is the main point of this passage?*
  - a. Read the whole chapter-seeing the verse(s) in context is important
  - b. Read a commentary-learn from Biblical scholars
  - c. Look at some cross-references (passages related to the selected scripture) to see how this passage fits into the greater Biblical story.
    - i. **Cross-references for Romans 12:1-2-** *1 Peter 2:5; Romans 6:13; Ps. 19:14; 1 Thess. 4:1; 1 John 2:15-17; Ez 36:26*
    - ii. **For 1 Peter 3:15-** *Prov. 15:28; 22:21; Col. 4:6; 1 Peter 1:3*
    - iii. **For Romans 12:11-12-** *Hebrews 12:28; 1 Peter 1:22; Ps. 16:9-11; 62:8; James 1:2-4; Acts 1:14*
  - d. **\*\*Discuss**
6. Meditation
  - a. A few examples:
    - i. Spend time thinking about or praying through the scripture
    - ii. Rewrite the scripture a few times, committing it to memory
    - iii. Does this passage remind you of a song? Listen to it or sing it?
    - iv. Does this stir-up an image in your mind? Create that image on a piece of paper.
    - v. Journal through these questions:
      1. What does this passage say about God? About his character?
      2. What does this passage say about Jesus? How does Christ fulfill this passage?
    - vi. **\*\*Discuss**
7. Application:

*It is important to remember that the Bible is not a manual, but a window. A manual tells you exactly what to do in order to make something work. A window is something through which you see the world.*

*In the same way, as believers we must remember that scripture shows us the heart of God and therefore, we gain a new, redeemed perspective of the world. As you think through how this passage applies to your life, rest in the fact that "for by grace you have been saved through faith. And your own doing; it is the gift of God, not a result of works so that no one may boast" (Eph. 2:8-9 ESV).*

- a. What sin does this expose in your heart? Go before the Lord and repent. Rest in His grace.
- b. From this verse is there a promise to claim for my life?

- i. A promise about who God is? About who Christ is?
  - c. Is there an example to follow? Or a command to obey?
  - d. Is there a truth that is not yet clear to me? What needs further investigation?
  - e. \*\*Discuss
- 8. Prayers and Praises
  - a. Offer up your prayers and praises in response to this time of worship and study.