



**R.E.A.P**

BIBLE READING METHOD

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## WHAT IS REAP.

The R.E.A.P Method is a simple and easy way to dive into God's Word. R.E.A.P stands for: **R**ead, **E**xamine, **A**pply, **P**ray. It's a way to help you process what you're reading.

## HOW TO REAP.

Start off by praying. Pray that God, through His Spirit, will open your eyes to the wonderful things in His Word, for Him to illuminate His Word to you and that you will be able to apply it to your life.

## HOW TO REAP.

Read the Passage. You may want to read the passage over a few times. You may even want to watch The BIBLE PROJECT video on the book of the bible that you are reading through for the first little while as you read the chapter.

As you are reading, underline, highlight or circle any words or phrases that seem important and that God is using to speak to you. You may even want a 4 COLOUR PEN to help you do this. {If you choose to use a 4 Colour Pen here is what you could use the colours for:

- **RED** for GOD / JESUS / Holy Spirit or BLESSING etc.
- **BLACK** for SIN / SATAN / WRONG DOING / EVIL etc.
- **GREEN** for GROWTH / OBEDIENCE / CHARACTER etc.
- **BLUE** for INSTRUCTION / INSIGHT / MOVEMENTS etc.

# EXAMINE

Now, spend some time reflecting and writing about what you have just read.

- Write down one or two of the key things that stuck out to you. {It is important to consider the author's original meaning of the text.}
- Here are a FEW WAYS to do this:
  - **OPTION #1:** Ask these questions and write your thoughts down in your journal:
    - What is going on in the passage?
    - Who is writing and who is it written to?
    - What are the circumstances that the author is addressing?
    - Does the author mention anything that might indicate his purpose or intent?
    - How do you think the author wants his audience to respond?
  - **OPTION #2:** Ask these questions and write your thoughts down in your journal:
    - What stuck out to you? {What is something that you learned for the first time / saw more fully / or challenged you in a new way?}
    - What questions do you have? {Did these verses raise any questions? You might stumble over a word or verse, or a connection to another part of the Bible, or particular theological point.}
    - Where do you see Christ in this passage? {What in this passage helped you see more of Jesus and His cross, or what moved you to love Him more?}

## **EXAMINE CON'T.**

- **OPTION #3:** Ask these questions and write your thoughts down in your journal:
  - What does this passage tell you about GOD?
  - What does this passage tell you about MAN / YOU?
  - How does this passage point you to JESUS?

## **APPLY.**

Now, MEDITATE on what God is saying to you and how it affects your life. It's easy to skip application because a lot of times we think the interpretation or information is the goal.

So, ask yourself these questions:

- Is there a TRUTH that I need to BELIEVE?
- Is there a SIN that I need to REPENT of or something I need to STOP DOING?
- Is there a PROMISE that I need to CLAIM or be REMINDED OF?
- Is there a COMMAND that I need to FOLLOW?
- How am I going to LIVE DIFFERENTLY and BE DIFFERENT because of what I just READ?

## **PRAY.**

Now, we PRAY and REPENT. Pray through the passage and your application, asking God to change your heart and to change you based on what you've just read.

# **READ**

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**PASSAGE:**

**WHAT IN THIS PASSAGE SPEAKS TO YOU?**

# **EXAMINE**

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**REFLECT AND WRITE DOWN KEY INFORMATION**

# **APPLY**

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**HOW DOES THIS AFFECT YOUR LIFE?**

# **PRAY**

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**PRAY THROUGH THE PASSAGE AND APPLICATION**