



The Study Explained

What are Bible Testimonies and why are they so valuable?

The Bible is God's Word, and Bible Testimonies are one of the kinds of writings that we find in His Word. They are the stories/narratives of Scripture, and they are so valuable because they reveal Who God is... how He interacts with humanity, what He loves and what He hates, His heart, His character, how He communicates, His power and so much more! Bible Testimonies are also a way for us to learn from other's experiences with God as we build our own relationship with Him.

What does the Bible reveal that we should do with Bible Testimonies?

The Bible clearly reveals that we should honor the Testimonies in God's Word. We hear this throughout Scripture, especially from David who had a really special relationship with God and often wrote of God's Testimonies. In Psalm 119 he says many things about them, and we believe we should follow his example. Here is a sampling of what he said:

- "How blessed are those who observe God's testimonies"
- "I rejoice in the way of Your testimonies"
- "I will observe Your testimonies"
- "I will incline my heart to Your testimonies, and turn my feet to them, and keep them"
- "I will diligently consider them and meditate on them"
- "I have inherited Your testimonies forever"
- "Your testimonies are the joy of my heart"

How many Bible Testimonies will this study include?

Twelve! Each month of the year we will focus on a new Bible Testimony.

Is it necessary for me to commit for the entire year?

We hope that you will choose to study all 12 Bible Testimonies with us for the whole year, but it is not required. Since we will study one per month, feel free to join in as desired.

What will I need for this study?

You will need your Bible, a notebook or journal, the monthly study sheet, and access to the internet. We will also post some "helps" on our website that you may want to reference as needed. And... you need a desire to know God, as well as a willing and teachable heart!

How do I get access to the Study Sheet?

We offer all our Bible studies free of charge, and share them on our website, www.establishedfootsteps.com. The study sheets will be posted monthly on our site so you can access them there. However, we do encourage you to follow us on our social media accounts (Facebook and Instagram) as that will be our way of delivering the study sheets directly to you.

On the first day of each month, our social media post for that day will include the study sheet. And that post will also likely include some introductory thoughts for that month's testimony. Additionally, we often post encouragements, graphics etc. related to our current online study and as you connect with us on social media, you can connect with others who are also meditating on these Bible Testimonies as well.

How will the study flow calendar wise?

Each month we will meditate on a different Bible Testimony, and we will take 21 days of that month to do so. We will start on the first day of the month and end on the 21st... which will leave you some room for margin if you get behind or want to go at a different pace. You can study with us all year, and we hope you will... or you can participate for a month, take a break, and then jump back in on another month.

What will the Study Sheet include?

The study sheet is a simple format, just one page, and each month we will follow its basic template of:

- Section 1 – Read
- Section 2 – Write/Copy
- Section 3 – Answer / Create / Answer
- Section 4 – Listen
- Section 5 - Takeaways

This consistent flow will allow us to settle in, use repetition and really meditate on each testimony. We encourage you to print or screenshot each monthly study sheet so you will have it handy all month. The more you use the study sheets each month, the more confident you will become as you study each Bible Testimony.

Here are more details about each section:

- **READ** (Days 1-5)

This section will benefit you in getting very familiar with the Bible Testimony. Some months might include a lot of reading, but we encourage you to lean into the repetition of reading the Bible Testimony scriptures 5 days in a row, knowing the more you read, the more depth of familiarity you will gain.

The instructions on the study sheet will encourage you to read in varied versions. A great site for accessing multiple versions of Scripture is www.BibleGateway.com

Also keep in mind, if the reading is too much for you, you have the freedom to break the overall reading into two days or perhaps only read the Bible Testimony in three versions. You could also use an audio Bible reader and listen to the passages being read to you while you drive or cook dinner etc.

Embrace the reading however it works best for you. Just keep in mind, these first five days are the foundational time for you to get really familiar the Bible Testimony, much like you would watch a well-loved movie over and over again. So, the more you read, the more familiar you will be.

- **Write / Copy** (Days 6-7)

In this section, you will start to employ your journal in the following ways:

Day 6 – Write a summary/outline of the Bible Testimony... this will give opportunity to recall the big picture.

Day 7 – Copy some verses that are especially important to the testimony. The sheet will reference certain verses within the testimony for you to copy. And if you'd like to memorize Scripture, pick 1 or 2 of them to memorize.

- **ANSWER / CREATE / ANSWER** (Days 8-15)

This section is where you will start to really ponder/analyze the Bible Testimony.

The first three days... you will spend some time answering questions that we will provide for you. Our questions will be focused on the big picture of the Bible Testimony and they will be located in a box on the right-hand side of the study sheet. We will also make pacing suggestions for answering those questions over the three days, but work at a pace best for you. The last question we provide will always be... *"What parts of this testimony will you focus on in creating your own questions?"* Answering this question will set you up for the next two days of this section, where you will develop your own questions which will zoom in closer on a part or parts of this Bible Testimony that especially got your attention.

As you zoom in and develop your questions, you will want to remember that you aren't answering your questions yet, you are just creating them. Developing your own questions is where your own personal consideration of this Bible Testimony will really take off, so don't rush, and be specific in your asking. You will want to zoom in close, get nosy and be curious. And definitely ask God to help you create these questions. And please note, if creating questions like this is new for you, make sure to look at the reference sheet on our website connected to this study called *"Writing Bible Questions."*

The last three days of this section will give you time to thoughtfully answer your questions in your journal. We definitely encourage you to write out your answers instead of just pondering them in your head. When you take the time to write them out, you will be more specifically thoughtful about them.

- **LISTEN** (Days 16-18)

This section will give you opportunity to listen to additional perspectives on this Bible Testimony.

Day 16 - you will listen to a teaching message that we will provide via video on our YouTube channel, Established Footsteps Ministry. We encourage you to subscribe to our channel if you have not already done so.

Day 17 – you will listen to the message we provide again. This repetition can really make the difference for you in embracing what God might be trying to share with you.

Day 18- you will listen to an additional message on this specific Bible Testimony. We will provide a suggestion, but you can also search out other messages on YouTube, Podcast apps or your church's sermon archives.

TAKEAWAYS / RESPONSE (Days 19-21)

This section will bring everything together as you journal and pray. In these last three days we believe your mind will get renewed, your heart will be changed, and your lifestyle lifted heavenward. In other words, this is where you will see your relationship with God really grow!

Day 19 – you will journal about overall big picture takeaways from this Bible Testimony that are important to remember and take with you.

Day 20 – you will journal about personal takeaways, specifically how this testimony personally affects you... what new ways of thinking you desire to embrace, what heart postures you want to take on, and what changes you will lean into by the Holy Spirit's power.

Day 21 – you will journal a personal prayer response to all of the 20 days prior, talking with God about all that He has revealed to you and how your relationship with Him has been affected by this Bible Testimony.

What if I have questions?

You can reach out to us through our website or social media at any time with questions. We will do our best to help!