

The H.E.L.P. Bible Study Method



The **H.E.L.P.** journaling method promotes reading the Bible with a life-transforming purpose. No longer will your focus be on checking off the boxes on your daily reading schedule; your purpose will instead be to read in order to understand and respond to God's Word. Let's talk more about how to do a HELP Journal.

How to do complete a HELP Journal Entry:

H.E.L.P. stands for **Highlight, Explain, Link, and Pray**. Each of these four steps contributes to creating an atmosphere to hear God speak through His Word. After settling on a reading plan and establishing a time for studying God's Word, you will find that the Bible is a greater H.E.L.P. than you could ever imagine!

For an illustration, let's assume that you begin your quiet time in the book of 2 Timothy, and today's reading is the first chapter of the book. Before reading the text, pause to sincerely ask God to speak to you. It may seem pointless, but it is absolutely imperative that we seek God's guidance in order to understand His Word (1 Corinthians 2:12-14). Every time we open our Bibles, we should pray the simple prayer that David prayed: *"Open my eyes, that I may behold wondrous things out of your law (Word)"* (Psalm 119:18).

HIGHLIGHT

After praying for the Holy Spirit's guidance, open your notebook or journal, and at the top left-hand corner, write the letter H. This exercise will remind you to read with a purpose. In the course of your reading, one or two verses will usually stand out and speak to you. After reading the passage of Scripture, **HIGHLIGHT** each verse that speaks to you by copying it under the letter "H". Write out the following:

- The name of the book
- The passage of Scripture
- The chapter and verse numbers that especially speak to you
- A title to describe the passage

This practice will make it easier to find the passage when you want to revisit it in the future.

EXPLAIN

After you have highlighted the passage, write the letter "E" under the previous entry. At this stage, you will **EXPLAIN** what the text means. By asking some simple questions, with the help of God's Spirit, you can understand the meaning of a passage or verse. The next chapter will teach you in detail how to understand the meaning of a passage. Until then, here are a few questions to get you started:

Why was this written?

To whom was it originally written?

How does it fit with the verses before and after it?

Why did the Holy Spirit include this passage in the book?

What is He intending to communicate through this text?

At this point, you are beginning the process of discovering the specific and personal word that God has for you from His Word. What is important is that you are engaging the text and wrestling with its meaning.

LINK

After writing a short summary of what you think the text means, write the letter “L” below the letter “E”. Under the “L”, write the word **LINK**. This is the heart of the process. Everything you have done so far culminates under this heading. You are now going to take everything you have learned and journaled so far and **LINK** it to your life. As you have done before, answer a series of questions to uncover the significance of these verses to you personally, questions like:

How can this help me?

What does this mean today?

What would the application of this verse look like in my life?

What does this mean to me?

What is God saying to me?

As you complete your HELP journal, these questions bridge the gap between the ancient world and your world today. They provide a way for God to speak to you from the specific passage or verse. Answer these questions under the “L”. Challenge yourself to write between two and five sentences about how the text applies to your life.

PRAY

Finally, below the first three entries, write the letter “P” for **PRAY**. This is the last part of the HELP Journal. Your prayer to the passage may take on many forms. It may be a prayer for forgiveness. It may be a prayer of confession. It may be a prayer asking God for guidance. It may be a prayer of commitment and surrender to God’s will for your life. Write out a prayer to God. You may ask God to help you to be more loving, or to give you a desire to be more generous in your giving. Just keep in mind that this prayer is your response to what you have just read.

Notice that all the words in the HELP Journal formula are action words: **Highlight, Explain, Link, and Pray**. God does not want us to sit back and wait for Him to drop some truth into our laps. Instead of waiting passively, God desires that we actively pursue Him. Jesus said,

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you (Matthew 7:7).

Think of the miracle of the Bible. Over centuries of time, God supernaturally moved upon several men in an unusual way that resulted in them writing the exact words of God. God led His people to recognize these divine writings and to distinguish them from everything else that has ever been written. Then God’s people brought these sixty-six books together. The preservation and survival of the Bible are as miraculous as its writing. Then God gave men, beginning with Gutenberg’s printing press, technological knowledge to copy and transmit the Bible so that all people could have it. All because God has something to say to *you*.