



The Practice of Study Thoughts and Suggestions for Youth



Who likes to study? Some people do and some people do not. Why is Study a practice as part of our faith journey? What we study determines the kind of habits that we form. What we study helps us understand what we read, helps us understand the world we live in, helps us understand more about ourselves and others. Take this month to focus on the following different aspects of Study.



Week 1

Think on These Things

Use the Practice of Study this week to focus on what you are putting in your mind. What are the images being stored in your brain. The scriptures below instruct us to think and be transformed.

Philippians 4:8

8 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. CEB

Your mind works a lot like a movie.. Your brain takes in images and words and stores them for future use. We recall these images and words whenever we need or want them. Unfortunately, some movies that we play over and over can negatively impact our thoughts.

Romans 12:2 tells us to be "...transformed by the renewing of our mind." To renew means to reestablish, restore or begin again. It's about giving fresh life to something. Can you renew yourself if your mind is taking in junk everyday? So Philippians 4:8 is all about thinking about the right things. Your mind conforms to whatever you think about. If all you are dwelling on is junk, your mind won't have room for godly things.

Take this week to focus and evaluate what images and words are being stored in your brain.

Week 2

Study the Book of James

The book of James is in the New Testament. This book has five chapters. Use the Practice of Study to examine this book of the Bible. God wants to reveal himself to you through the Practice of Study. Since there are five chapters, try to read a chapter each day, Monday-Friday.

As you read each chapter ask yourself these questions:

What does this chapter say?

What from this chapter meant the most to me?

Pick your favorite scripture from each chapter and ask, how does this apply to me?

Record your thoughts in Notes on your phone or start a journal or notebook. Enjoy your Bible Study time this week.



Week 3

Study Yourself

Have you ever thought of studying yourself? We should get in the habit of knowing ourselves.

What makes you angry? What is your favorite thing to do? What controls your likes, your dislikes? What controls your moods? The Practice of Study on yourself done with honesty and humility will help you learn more about yourself and possibly be more accepting of others. Try to record something daily you learn about yourself. Enjoy the journey!



Week 4

Experience Nature

Part of Study is experience. Experiences help us learn and understand more about what we are studying. Go outside and find something to study, a tree, a flower, a plant, the sky, etc. Watch and study this object for 10 minutes. Record what you learned from this experience.

Can I touch it? - Is it soft or hard, smooth or prickly? - Does it smell, good or bad? Develop your own list of questions. Get past being uncomfortable and enjoy this type of Study.

Try this once or twice this week.