

## **BIBLE STUDY - A SHAPING TOOL**

### **2 Timothy 3:14–17, Psalm 119:105**

Every toolkit comes with an instruction guide. Scripture is the instruction manual that invites us into the story God is still writing, with all kinds of tools for navigating life's day-to-day experiences. We're going to explore how engaging Scripture can sharpen our understanding of the world around us, equip our daily living, and strengthen our walk with Christ.

## **WORDS FOR EVERYDAY LIFE**

### **Day 1: Read 2 Timothy 3:14–17.**

God equips us.

Practice: Read the passage once. Then ponder your day ahead – meetings, stresses, tasks, conversations. What is one word or phrase in the passage that feels like it could help you face this day?

Reflection questions: Where in my life right now do I feel unequipped?

What has God already taught me that might help me face today?

## **ILLUMINATING THE NEXT STEP**

### **Day 2: Read Psalm 119:105.**

God shows us the next faithful step.

Practice: Read the verse slowly. Then finish this sentence: "The next small faithful step I can see right now is..." (Be honest. Sometimes the faithful step is simply to wait and trust.)

Reflection questions: Where am I craving clarity about the future?

How might God's Word be lighting the next step, instead of the whole path?

## **WHEN YOU ARE TIRED OR WEARY**

### **Day 3: Read Matthew 11:28.**

God offers rest.

Practice: Pause for one quiet minute. As you inhale, pray: "*Jesus, I come to you.*" As you exhale, pray: "*I receive Your rest.*" Repeat this three times.

Reflection questions: Where am I carrying more than I was meant to carry?

What might it look like to let Jesus hold some of that weight today?

## **WHEN YOU ARE DEALING WITH DIFFICULT PEOPLE**

### **Day 4: Read Luke 6:27–28.**

God gives us a different way to respond.

Practice: Quietly name one person who has been difficult for you lately. Now pray slowly: "God, I place (*name the person*) in Your care. Bless them. And soften my heart."

Reflection question: What changes when I stop waiting on someone else to change, and focus instead on God's love at work in me?

## **WHEN YOU ARE AFRAID OR FEARFUL**

### **Day 5: Read Isaiah 41:10.**

When we are afraid, God comes close and holds us steady.

Practice: Place your hand on your chest and slowly pray: "God is with me" as you inhale; and "God will strengthen me" as you exhale. Repeat this three times.

Reflection questions: Where is fear shaping my decisions or relationships right now?  
How might God's nearness help me loosen fear's grip?

## **WHEN YOU ARE READY TO GIVE UP**

### **Day 6: Read Matthew 7:7–8.**

God welcomes honest persistence.

Practice: You don't have to be strong today. You don't have to be hopeful. Just sit quietly and pray this once or twice: "God, I am still here." Let that be enough.

Reflection questions: What might faithful persistence look like in your life?

How can simply staying present to God be, by itself, an act of faith?

God's Word is not just something we read. God's Word is something we reach for when we are angry, afraid, tired, stuck, struggling, or insert *your* life situation here. Each day, we're invited to read Scripture and let it equip us for the real situations we're living in the moment, allowing God's voice to shape our next faithful step.

**God's Word isn't a set of dry directions; it's a living voice that shapes our faith and equips us for every good work.**