

## Bible Study Journal

*“All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.”*

2 Timothy 3:16-17

Based on this passage, we know that ALL of God’s Word is beneficial for us for 4 main areas:

- teaching (our understanding of an idea or principle)
- reproof (constructive criticism of our actions or behavior)
- correction (making something right)
- training in righteousness (learning and implementing the skills we need for righteousness).

The end goal is: that we would be found adequate and equipped for the **good work** He has called us to do! While change is difficult and messy, we have hope knowing that God has called us out for a good work. Each day that we steward our health well, we are prepared to do the work He has for us!

Note: When we talk about “training in righteousness”, there are really only 3 steps to get you where you desire to be. These are: learn what you need to learn, implement what you need to do once you have learned that, and then repeat the process! As we train for a righteous life, we will learn what God desires to teach us, implement the truths into our life, and then repeat the process!

### **Using the Bible Study & Application Daily**

As you complete each day’s Scripture study, start each day with prayer. Specifically ask the Lord to reveal His truth to you in your situation. Take time to write out the verses or at least 1-2 focal verses in the passage you are studying. Then break it down to process how it applies to you in your unique circumstances.

### **Sample:**

**Scripture:** (write out the main verse or verses)

**Teaching:** What is the main idea or principle?

**Reproof:** Have I been following this principle?

**Correction:** What do I need to do (to make things right)?

**Training in Righteousness:** How will I pursue righteousness?