



# Navigators Discipleship Tool



**The ABC Bible Reading Method is an acronym – Ask, Best Verse and Commit – that models how we can approach the Scriptures and our relationship with God. If you need a new way to approach your daily quiet time with the Lord, this method is a great place to start.**

## ABC Bible Reading Method

You can use the ABC Bible Reading Method for any passage in the Bible you wish to study during your daily quiet time. Let's use a passage from the New Testament as an example:

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Matthew 11:28-30 (NIV)*

### Ask Questions

Asking questions about what you are reading allows you to approach the Scriptures with curiosity, regardless if you've read that passage for the first or the hundredth time.

### Best Verse

A "best verse" is that one particular verse in the passage you've read that appears to be highlighted and narrows your focus on the big lesson or truth you believe God is revealing to you.

**Example:** "For my yoke is easy and my burden is light."

As you go about your day, try to mentally and spiritually return to that "best verse." Perhaps you reread the passage again, write it down on a notecard or journal, and take a few seconds to talk with God about it. Then, listen. The Holy Spirit will often bring to mind that "best verse" in the middle of your day or during an unexpected situation and reveal to you how it can be applied with His wisdom.

### Commit

At the end of your Bible reading, ponder the different areas of your life and choose a particular one — or some part of your upcoming day — that you will commit to God. You may decide to commit your finances, relationships, or career to the Lord, or more specifically a test, sales call, presentation, or a meeting with a particular person.

**Example:** Lord, I commit my relationships to You. I know I can never measure up, but by laying down my burdens at Your feet, I know that You will show me the way and give me Your rest in return.

Think again about that "best verse" and how it resonates with your life. Again, commit that to God.

**Example:** Lord, thank You that Your yoke is easy and Your burden is light. I commit everything to You.

Committing to the Lord means you choose to submit to Him and His will with a humble posture of your heart, and then act with obedience. You can commit to God with short, simple prayers throughout the day:

- "Today, Lord, I trust You with this."
- "Yes, Lord, I will go to her and ask her forgiveness."