

The Rules

- Choose a five-chapter section of the Bible to study.
- If it is better for you, you may play the portions of scripture from a recording.
- While most Bible translations are a beneficial resource, for the purposes of word studies, the King James Version should be used whenever possible. Other translated versions closest to the original Hebrew and Greek : *New Living Translation, *English Standard Version, American Standard Version, Berkeley, Darby, New King James, and the Amplified.
*Preferred alternates.
- Don't forsake your private devotional times of reading, worship, and prayer.
- This plan can be followed as an individual, in groups, with a partner, or as a family.
- This plan is to be used Monday through Friday. On Saturday and Sunday: Rest, Reflect, and Rejoice!
- This is a guideline for growth. Do what you are able and the Holy Spirit will bless you and minister to the Lord in the middle of your intentions. Be at peace.

"...Exercise thyself rather unto godliness, for bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." 1 Timothy 4:7-8

The Plan

WEEK 1 Read	<ul style="list-style-type: none"> •Read the entire passage once a day. •Make note of the scriptures that stand out to you, but don't study them yet. This is the Holy Ghost Hop!
WEEK 2 Study	<ul style="list-style-type: none"> •Read one chapter each day. •Study the portions that stood out to you last week by looking up key words and phrases in a Hebrew/Greek Concordance of the Bible (ie. Strong's), and from there a dictionary if needed. •Using a Topical Bible, www.biblegateway.com, your understanding of the Word, or additional resources, look up other scriptures that relate to the passages you are studying.
WEEK 3 Remember	<ul style="list-style-type: none"> •Read one chapter each day. •Take time to memorize! You may choose one verse from the entire passage or one verse (or more) from each chapter, depending on your time and ability.
WEEK 4 Apply	<ul style="list-style-type: none"> •Read the entire passage each day and continue memorizing the verse(s) that you started last week. •By the end of the week, summarize each chapter with a word, and the entire passage with one sentence; which will define these scriptures as they have been applied to your life.
WEEK 5 Ponder	<ul style="list-style-type: none"> •Read one chapter daily and make note of how it is changing your life.

"Through thy precepts I get understanding: therefore I hate every false way. Thy word is a lamp unto my feet, and light unto my path." Psalm 119:104-105

Guide for Spiritual Body Builders



**A TRAINING CENTER FOR
RADICAL SAINTS**

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*SBB established in March 2007
with the Book of James*



Sandi Querin

***“He will be like a tree firmly planted by streams of water,
which yields its fruit in its season. And its leaf does not wither;
and in whatever he does, he prospers.”*** Psalm 1:3