All of the suggestions I do at my own pace; no hurry or rush. When I say "record" below, I mean in a journal. Along with the ideas and strategies below, two things I constantly do is personalize scripture for myself and others. It is a great (easy) way to pray. I meditate on Scripture a lot. I sit and think about what a verse or a phrase means and ask the Holy Spirit to reveal truth. I look up words in an English dictionary or on NetBible.org that gives the Hebrew or Greek meanings of the words. And I always, always, always seek to apply what I read or learn to my current circumstances and/or relationships. *I also take time to quiet my heart and ask the Holy Spirit to teach and guide me into truth.*

**Book Study**

- Choose one book in the Bible and read it straight through 3 times
- Record or at least jot down your first impressions
- Make a list of repeated words or phrases
- Record what grabs your heart, makes you want to know more, convicts you, etc.
- Memorize one verse that really stands out to you

Here's a great post in this regard: [https://onethingalone.com/5-ws-bible-study/](https://onethingalone.com/5-ws-bible-study/)

**Character Study**

- Choose one Bible character, find their story in Scripture and read it
- Record anything of interest to you or that stands out to you about their life– their relationship with God, their choices and the consequences, their faith journey, etc.
- Google or look them up in a Study Bible.
- Record what it is about them you relate to or want to emulate

**Psalm Study**

- Start in chapter 1 of Psalms and start reading
- Read through each chapter until something catches your attention, grabs your heart, gives voice or understanding to what you’re going through, etc.
- Record that verse or chapter, read it in multiple versions, meditate on it, etc.
Gospel Book Study

- Read through a Gospel book (Matthew, Mark, Luke and John) OR read all four
- Decide ahead of time what you’re going to look at/for, be specific; miracles, the words of Jesus, stories about women, Jesus and the disciples, etc.

Word Study

I often choose a word that is the opposite of what I might be struggling with. For instance, let’s take dread for example. Prayerfully reflect on what the opposite of dread is; for me it is "joyful expectation." Do a word study on the phrase and word that is the opposite by using a concordance. It will renew your mind! (Romans 12:2) Whenever I would start to move back into the emotion you struggle with, pull out one of the verses pray it, believe it and declare it.

Read the verses you find. Write them down. Meditate on them, and more.