



HEALING WITHIN TRANSFORMATION CENTER™

— HEAL. PURPOSE. TRANSFORMATION.™ —

*A Place to Heal.
A Plan to Grow.
A Future to Thrive.*



BIBLE STUDY & PRAYER STARTER GUIDE

BUILD A STRONGER FAITH. GROW CLOSER TO GOD.

Spending time in God's Word and prayer changes everything.
This guide will help you build a simple, consistent routine
and deepen your relationship with Him.

Draw near to God, and He will draw near to you.

— JAMES 4:8 (NKJV)



HOW TO START STUDYING THE BIBLE



CHOOSE A TIME

Pick a time each day
you can be consistent
(morning, lunch break,
or before bed).



FIND A QUIET PLACE

Choose a space
where you can focus
without distractions.



START SMALL

Start with short
passages. Even
5-10 minutes
makes a difference.



ASK THE HOLY SPIRIT

Pray and ask God to
give you understanding
and apply His Word
to your life.



BE CONSISTENT

Daily time with God
builds trust, strength
and spiritual
growth.



YOU ARE NOT ALONE.



Call or Text 988
Suicide & Crisis Lifeline



Text HOME to 741741
Crisis Text Line



Dial 211
Connect to local resources



National Domestic Violence Hotline
1-800-799-SAFE (7233)



SOAP BIBLE STUDY METHOD



SCRIPTURE
Read a passage of Scripture.
Write it out.



OBSERVATION
What stands out to you?
Who, what, where, when, why, how?



APPLICATION
How does this apply to your life
right now?



PRAYER
Pray about what you learned.
Ask God to help you live it out.



A SIMPLE PRAYER GUIDE



ADORATION
Praise God for
who He is.



CONFESSION
Be honest about
your struggles
and ask for
forgiveness.



THANKSGIVING
Thank God for His
blessings and
answered prayers.



SUPPLICATION
Bring your needs
and the needs of
others to God.



RESPONSE
Listen for God's
voice and be
willing to obey.



Devote yourselves to prayer, being watchful and thankful.

— COLOSSIANS 4:2 (NKJV)



DAILY QUIET TIME CHECKLIST

- ✓ I prayed and invited God into my time.
- ✓ I read God's Word.
- ✓ I reflected on what I read.
- ✓ I wrote down what I learned.
- ✓ I prayed and talked with God.
- ✓ I am applying His Word to my life.
- ✓ I thanked God for His presence.



HELPFUL TOOLS FOR YOUR STUDY



A GOOD BIBLE
Pick a translation
you understand
and enjoy reading.



**NOTEBOOK OR
JOURNAL**
Write down verses,
thoughts, prayers
and lessons.



**PEN &
HIGHLIGHTERS**
Highlight key verses
and important
truths.



BIBLE APPS
• YouVersion
• Bible Gateway
• Blue Letter Bible



**WORSHIP
MUSIC**
Create a worship
playlist to invite
God's presence.



BIBLE READING PLANS TO GET YOU STARTED

- YouVersion Bible App – Many free reading plans
- 40 Days in the Word
- New Testament in 90 Days
- Psalms for Peace and Strength
- Walking in Faith (Topical Plan)



*Thy word is a lamp unto my feet,
and a light unto my path.*

— PSALM 119:105 (NKJV)



MEMORY VERSES TO HIDE IN YOUR HEART

- "I can do all things through Christ who strengthens me." – Philippians 4:13 (NKJV)
- "The Lord is my shepherd; I shall not want." – Psalm 23:1 (NKJV)
- "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." – Jeremiah 29:11 (NKJV)
- "Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go." – Joshua 1:9 (NKJV)



REFLECTION & JOURNAL PROMPTS

- What did I learn about God today?
- What stood out to me in today's Scripture?
- How can I apply this to my life?
- What is God teaching me?
- What are He calling me to change?
- What are my prayers for today?



Write your thoughts. Release your burdens.
Replace them with God's truth.



*Be consistent,
not perfect.*

God honors your
faithfulness.

KEEP GOING. GOD IS WITH YOU.

- ✓ Small steps lead to big change.
- ✓ You are stronger than you think.
- ✓ God is not done with your story.
- ✓ Choose truth.
- ✓ Choose peace.
- ✓ Choose you.



SCRIPTURE FOCUS

*"Do not conform to the pattern of this world,
but be transformed by the renewing of your mind."*

— ROMANS 12:2 (NKJV)

