

Handling the Word

How to Study the Bible Faithfully

Lesson One Leader Guide

Why Study the Bible?

Private leader document

Use this guide alongside the participant notes. Keep the session warm, simple, and confidence-building.

Lesson Overview

Main question	Why study the Bible?
Main idea	We study the Bible because it is God's living Word, given to reveal God, reveal Christ, show His redemptive plan, and teach us to trust and obey Him.
Key text	2 Timothy 3:16-17
Supporting passages	Hebrews 4:12; Psalm 1:1-3; Luke 24:44-47; James 1:5
Suggested length	60 to 75 minutes. Keep the conversation moving, but do not rush encouragement.

Intended outcomes

- Bible study feels learnable, not out of reach.
- He sees Scripture as God's living Word.
- He sees Scripture revealing Christ and God's redemptive plan.
- He practices reading, noticing, and answering from the text.
- He leaves with one simple weekly practice.

Leader emphasis

- This first lesson is mainly reassurance, not method.
- Ask more than you tell.
- Affirm simple observations from the text.
- Do not make the lesson feel like schoolwork.
- Keep the tone calm, hopeful, and confidence-building.

Helpful phrase to repeat

You do not have to understand everything today. We are learning to come to the Word faithfully, a step at a time.

Recommended Session Flow

Time	Section	Purpose
5 min	Welcome and reassurance	Set the tone: this is not a test.
2 min	Opening prayer	Model dependence on God.
8 min	Opening reflection	Let him name how Bible study feels.
8 min	Why did God give us the Bible?	Draw out his first thoughts.
12 min	2 Timothy 3:16-17	Scripture is God-given and equips.
8 min	Hebrews 4:12	The Word is living and powerful.
12 min	Psalms 1:1-3	Growth in the Word is steady and fruitful.
10 min	Luke 24:44-47	Scripture points to Christ.
6 min	James 1:5	God gives wisdom generously.
5 min	Pull together and practise	One summary, one simple weekly step, prayer.

Leader posture

People may believe they cannot study the Bible. Your posture matters. Remove pressure, allow silence, affirm small steps, and keep returning to this: Bible study is not about being clever enough. It is about coming humbly enough.

1. Welcome and Opening Prayer - 7 minutes

Aim

Begin relationally, remove pressure, and model dependence on God before opening Scripture.

Prompts: How did you find the pre-reading? What stood out? What felt confusing? When you think about studying the Bible, what feelings come up?

Listen for fear of getting it wrong, feeling unqualified, or any encouragement from **Psalms 1** or **James 1:5**. If he did little preparation, begin with grace.

Suggested prayer: Lord, thank You for giving us Your Word. Please open our eyes, give us understanding, and help us come with humility. Teach us to hear You rightly, see Christ clearly, and respond faithfully. Amen.

2. Opening Reflection - 8 minutes

Aim: Let him speak honestly about his current relationship with Bible study. Do not treat his answer as right or wrong.

Ask: What words or feelings come to mind? What would you like God to help you understand or grow in? Has a passage ever helped, corrected, or encouraged you?

Brief teaching summary

The starting point is honesty. God is not honoured by pretending we understand more than we do. A humble learner is in a good place.

3. Why Did God Give Us the Bible? - 8 minutes

Aim: Draw out his first thoughts, then let Scripture answer the question.

Ask: Why do you think God gave us the Bible? What do people commonly use it for? What do you think the Bible is mainly about?

Listen for / draw out

Comfort, wisdom, rules, history, knowing God, knowing Jesus, salvation, correction, and how to live. Broaden gently if he sees Scripture only as rules: it teaches us how to live by first showing us who God is and what He has done through Christ.

4. Read **2 Timothy 3:16-17** - Scripture Equips

Aim: Show that Scripture is from God and is given to equip the believer.

Ask: What does this say about Scripture? What is Scripture useful for? What kind of person does Scripture help form? What word or phrase stands out?

Summary and pastoral note

Scripture comes from God and is useful for teaching, reproof, correction, instruction, and equipping. Emphasise that Scripture is not only for people who already feel equipped. God uses His Word to form believers over time.

5. Read **Hebrews 4:12** - The Living Word

Aim: Show that Scripture is not dead information, but the living Word of God at work in the reader.

Ask: What words describe the Word of God? What might living and powerful mean? Why does this matter when someone feels weak or unsure?

Pastoral note

The Word exposes what is false and leads us to what God says is true. Do not make this sound crushing. For the humble believer, this is God faithfully helping, correcting, and strengthening.

6. Read **Psalms 1:1-3** - Planted and Fruitful

Aim: Use the picture of the fruitful tree to show that growth in the Word is steady and life-giving.

Ask: What does the blessed man avoid? What does he delight in? What picture is used? Does this sound like instant maturity or slow growth?

Summary and pastoral note

A tree grows because it is planted and watered. Bible study is like that. Psalm 1 does not shame weakness. It invites him to be planted where God gives life.

7. Read **Luke 24:44-47** - Scripture Points to Christ

Aim: Show that Jesus Himself teaches us to see Scripture as centred on Him and God's redemptive plan.

Ask: What parts of Scripture does Jesus mention? What had to be fulfilled? What message does Jesus connect to the Scriptures?

Brief teaching summary

The Scriptures reveal Christ - who He is, why He came, what He accomplished, and how sinners are brought back to God. This keeps Bible study from becoming merely moral lessons.

8. Read **James 1:5** - Ask for Wisdom

Aim: Encourage him that God gives wisdom generously to those who ask.

Ask: What should we do if we lack wisdom? How does God give? What does without reproach tell us about God's heart?

Pastoral note

You are not disqualified because you need help. Needing wisdom is exactly the situation James speaks to.

9. Pulling It Together and This Week's Practice - 8 minutes

Ask him to finish: "The Bible is given to..." Then ask for one truth that encouraged him and one prayer he can pray in response.

Practice: Read Psalm 1:1-3 once each day and answer one simple question in one or two sentences. If that feels too much, reduce it. One honest sentence is enough.

If He Gets Stuck

Situation	Gentle response	Next step
I do not know.	That is okay. Let us read the verse again and notice one word or phrase.	Bring him back to the text.
I am not good at this.	You are learning. Bible study is not about being impressive.	Encourage without exaggerating.
I do not want to get it wrong.	That is a good concern. That is why we read carefully and in context.	Reframe caution as teachability.
This is confusing.	Some passages take time. Let us start with what is clear.	Lower the fear of difficulty.
Silence.	Wait, then ask: What is one thing you notice?	Keep the question achievable.

Key truths to reinforce

- The Bible is God's Word, not merely human opinion.
- Scripture reveals Christ and God's redemptive plan.
- The Word is living and powerful.
- Scripture equips believers who do not yet feel equipped.
- Growth is often slow and steady, like a tree planted by water.
- God gives wisdom generously to those who ask.

What to avoid

- Making the session feel like a test.
- Too many cross-references.
- Long explanations when a simple one will do.
- Correcting every imperfect answer immediately.
- Implying maturity means having quick answers.
- Turning the session into a lecture.

Optional Extra Scriptures

Use only if the conversation naturally opens up. Do not overload Lesson One.

- **Matthew 4:4** - Man lives by every word that proceeds from the mouth of God.
- **John 5:39** - The Scriptures testify of Christ.
- **Psalms 119:18** - A prayer for open eyes.
- **James 4:8** - Draw near to God, and He will draw near to you.
- **Romans 15:4** - Scripture gives learning, patience, comfort, and hope.

Suggested closing prayer

Father, thank You for giving us Your Word. Thank You that Scripture reveals who You are, shows us Christ, and teaches us how to walk faithfully. Help us not to come with pride or fear, but with humility and trust. Give wisdom generously, as You have promised, and plant Your Word deeply so that real fruit may grow. Amen.

Leader Reflection After the Session

What encouraged him? _____

Where did he seem unsure, anxious, or confused? _____

What should I follow up next time? _____

Preparation for Lesson Two

Lesson Two will focus on the right heart: prayer, humility, and obedience. If he struggled with the Psalm 1 practice, begin next time with grace and help him make the habit smaller and more achievable.