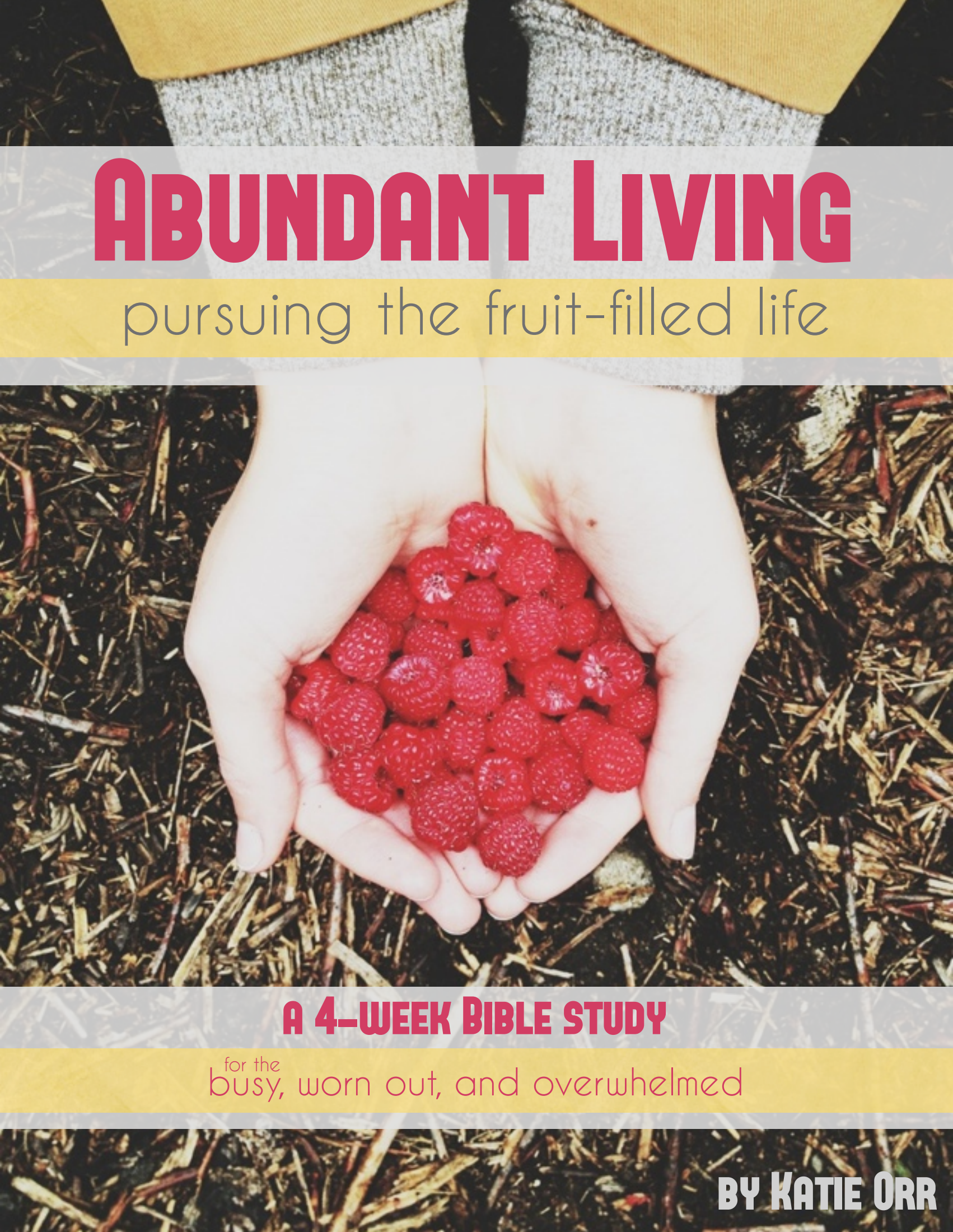


A photograph of a person's hands, wearing a grey sweater, holding a large quantity of fresh, bright red raspberries. The hands are cupped together, and the raspberries are piled high, filling the palms. The background is a dark, textured surface of wood mulch or straw. The image is used as a background for the book cover.

ABUNDANT LIVING

pursuing the fruit-filled life

A 4-WEEK BIBLE STUDY

for the
busy, worn out, and overwhelmed

BY KATIE ORR

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Introduction

I hated history class. All the way through college, the subject was neck-and-neck for my least favorite. (English was its contender, in case you wonder.)

I dreaded history homework each night and to get through it as quickly as possible, I typically skipped reading the chapter and went straight to the homework question to find out what it was about. Say the question was about Constantine, I proceeded to read the chapter with my "Constantine glasses" on. I didn't care about any of the other facts, I just looked for what was true about Constantine until I found the answer.

This is actually a great way to study the Bible, though with a different heart (and hopefully much more enthusiasm than my 15-year-old self). By asking good questions and viewing just one layer of the text at a time. We can read the Bible while wearing different "glasses".

I have found there are three very important glasses with which to read the Bible.

- Truths
- Promises
- Commands

There are many variations of these three categories, but if you can remember to look for these three you will be sure to see the main points of just about any passage.

What to Expect

This 4-week Bible study is designed for the really busy and overwhelmed who long to be in the Bible but just don't seem to be able to make it work. I've been there and know that sometimes you just need a bit of guidance and lots of grace.

Since life is crazy right now, this Bible study includes only 3 days of work for each week. Each day of study can be completed in 5-10 minutes. An optional bonus study is included each week if you find you have more time that week.

We will use our "truth, promise, and command glasses," which will help you learn to study the Bible on your own as we work through this study. I've chosen 4 passages that teach on how to experience the abundant, fruitful living Jesus promised us.

I hope you love it!

Week 1 - Psalm 1

Day 1: Pray to begin our study today, and ask the Lord to open your eyes to see truths from His Word. It might look something like this: “God, I am thankful for your Word! I trust that you will meet me here in these few moments I have to spend with you. Open my eyes to see the great truths in your Word. Transform me through this time.”

I personally enjoy journaling my prayers, but you can pray any way you connect best with Him.

Read Psalm 1 at least once. Choose 2-3 verses that stand out to you and write them out in the space provided below.

Day 2: Begin your time with a moment of prayer. Read Psalm 1 again, this time with your “truth glasses” on. Specifically, look for what is true of the “blessed” person and list your observations below.

Day 3: Today we are going to look at applying these truths to our lives. Read Psalm 1 again. Look over your list of what is true of the “blessed.” Does any truth stand out to you as something you would like more of in your life? Would you like to yield more “spiritual fruit” in your life? Do you want your delight in God’s Word to grow? Jot your thoughts below in the form of a prayer to God.

I love this picture of a strong, fruitful tree. I long to be that tree, don’t you? Too many days I spend dry and withering because I try to find my source through things other than God. The abundant life Jesus promised us comes only as we remain connected to the source of life. Whether life is busy or boring, I need God and the truths of His Word to be filling my days.

I pray you’ll find that taking these 5 minutes in the Word will carry you through your days with your heart filled with His presence.

Bonus Study. If you find you have additional time this week, read and study Psalm 19:7-14 the same way we studied Psalm 1. Read the passage, choose a few verses to write out, then make observations on the truths of God's Word. Finally, look toward applying these truths to your life.

Week 2 - John 15:4-5

Day 1: These two little verses pack a punch. Jesus is teaching these words to His disciples, with a beautiful picture of a Vine and its branches. Begin your day with a prayer then read John 15:4-5 a few times. If you have extra time, read John 15:1-11 so you can see these verses in their context. Write out John 15:4-5 below.

Day 2: There is much to be seen here, but we are going to focus on what is true about us as followers of Christ. Put the on “truths about me glasses” today to observe John 15:4-5 and record what you learn below.

Apart from Him we can do nothing. NO. THING. We are nothing without Christ. He is everything. He rescued us from darkness, sin, and death. He gave us new life and He is continually working in our hearts to make us more and more like Him. And one glorious day He will bring this great work into completion. This is exciting stuff, ladies, yet we often forget and enter “I got this” mode. We must stay dependent on the only true source of growth—our Vine, Jesus.

Day 3: Read John 15:4-5 again. Look for a promise we can cling to in verse 5 and jot it down below.

Take some time to evaluate how attached to the Vine you are. Are you seeing fruit in your life? If not, why? What can you adjust to remain in Christ more today? Spend some time in prayer, asking Him for the grace to abide in Him.

Following Jesus takes work, but if we are moving out of a desire to succeed, or prove ourselves worthy, we will fail and most likely will not experience much growth. If we take steps out of a desire to be with Jesus, to experience His presence in our moments, and to simply abide in Him, growth will occur. As we see here in John 15, we are promised it (see also Philippians 1:6). Let's cling to that!

Bonus Study: Read and study 2 Peter 1:3-8. Choose a few verses to write out, then make observations on the passage. One potential pair of “glasses” to wear are “truths about me.” What does Peter teach in this passage that is true of you and me as Christians? Another pair of glasses you could use is to look for “commands.” Finally, prayerfully consider how to apply these truths to your life.

Week 3 - Philippians 2:1-8

Day 1: Pray to begin your time with God. Open up to Philippians 2:1-8 and read these verses. Choose 2-3 verses to write out below or if you have time consider writing out all 8 verses.

Day 2: Pray then read Philippians 2:1-8 once again. This week we'll be using our "truths about Jesus" glasses to observe verses 5-8. List what you find below.

Day 3: It's application time! Read Philippians 2:1-8 again, and this time focus more on verses 1-4 with a new set of glasses looking for what is commanded in this passage. What did Paul encourage in these verses?

If you are anything like me, humility is a hard pill to swallow. Counting others as more significant doesn't come naturally to me. How about you? Thankfully — through Christ — these characteristics are already true of us! Don't believe me? Read verse 5 again. Love, unity, humility, selflessness are ours in Christ — the ultimate example of humility. It is part of the fruit that comes through abiding in Him. Take some time expressing your heart's desire to see these characteristics show through in your life.

Bonus Study: Read and study Galatians 5:16-24 to learn more about how the Holy Spirit produces fruit in our lives. You can study with the “truths about walking/being led by the Spirit” glasses on. Be sure to consider how to best apply what you have learned to your life.

Week 4 - Philippians 4:4-9

Day 1: I'm not ready to leave Philippians just yet! I love this letter . . . there is so much to observe and apply to our lives. Pray to start your time with God, then read Philippians 4:4-9. Choose a few verses to write out. Consider using notecards this time and post the verses up around the house or at work where you will see it often as a reminder of what you are learning.

Day 2: After you pray, read Philippians 4:4-9 this time with your “promises glasses,” paying special attention to verses 7 and 9. Promises can be a bit trickier to see, but it's important we don't miss them. Commands are easy to find, but if we only focus on the “do's and don'ts” without a good grasp on who God is and the promises He gives, we are sure to fall into a works-based mentality.

Day 3: Read Philippians 4:4-9 again. As you let the promise of God's peace sink deep into your heart, list out your anxieties and consider writing a declaration of trust in our ever-present, always-faithful, incredibly-powerful God who will guard your heart with peace.

Just as Paul exhorts us, offer your prayers of thanksgiving to God in the space below.

There is a great peace which comes from choosing well. When life is chaotic, stressful, and even full of pain we can experience peace through whatever comes our way. Philippians 4:4-9 is one portrait of how this works. As we choose to rejoice in every circumstance, approach God through dependent prayers and thankful hearts, and set our minds on what is true, honorable, and pure we can cling to a great promise — that the God of peace will guard our hearts and minds.

Thanks for taking this journey with me, friends! I am praying that He will bring forth fruit in each of our lives as we choose to cling to Him.

About the Author



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Katie is a pastor's wife with three kiddos and lots of craziness. She loves to equip others to walk with the Lord for a lifetime, as does so through her speaking and writing ministries.

Learn more about Katie at KatieOrr.me

If you enjoyed this study and are ready for more, be sure to check out Katie's other Bible studies at QuenchBible.com and Focused15.com.

The [Quench Bible study series](#) is for the beginner trying to figure out where to start, or a seasoned student of the Bible who doesn't have a lot of time each day to study. It's much more than a devotional but not as time consuming as an in-depth workbook study, and each study is designed to help you learn how to study the Bible on your own.



The [Focused15 Bible study series](#) is designed for the busy woman who wants a deep Inductive Bible study, in a short amount of time. In Focused15, I'll show you how to look at scripture through a different lens each day. We'll use tools already at our fingertips, with methods proven through history, and a structure that is easy to follow . . . all in fifteen minutes a day.

