

# The R.E.S.T. Method for Reading the Bible

Building the Skill of Interacting with the Bible

R: What is your initial **RESPONSE** to what you just read?

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E: **EXPLAIN** what this passage was attempting to express.

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S: How does what you read **SHAPE** your view of God and or humanity?

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T: What is your **TAKEAWAY** after interacting with God's word?

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