



**JUST  
TELL ME  
WHAT  
TO DO**

**A FOUR-WEEK GUIDE TO STUDYING GOD'S WORD**

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# Guided Bible Study

This investigative approach to studying the bible begins with noting specific observations and answering questions straight from the text. This is crucial and foundational to applying God's Word to your heart. Many times we forget what we have just read because we read it with our eyes, but not with our minds. Sometimes we forget because we simply don't know what to look for in the text. This method of studying will guide you through the observation, interpretation, and application of the Word of God as it is solidified in your heart.

This week we are going to read the book of Jonah. Start each day by reading the given passage of scripture and then work your way through the study guide. Hebrews 4:12 says...

*"The word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart"*

As you study the life of Jonah this week, believe that the Word of God is going to change your heart!

# WEEK ONE // DAY ONE

JONAH 1:1-3

1. What was Jonah's initial reaction to the call of God? (Jonah 1:3)

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As far as we can see, the Lord initiated the conversation with Jonah about His will for Jonah's life. Jonah chose to disobey and flee from God's presence. It's possible for us to seek the will of God for our lives, while simultaneously running from the very thing he has asked us to do.

2. Recall a time in your life when you had a similar response to Jonah's:
  - a. What was the outcome of your disobedience?

- 
- b. Where did you see God's grace?

- 
- c. What did you learn through this process?

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3. What was Jonah doing after he got onto the merchant ship to Tarsus? (Jonah 1:5)

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Jonah was hiding. He thought that if he was sleeping he could ignore the presence of God. When you are sleeping, you miss what's going on around you. We can let our spirits fall asleep, willfully or otherwise, and miss the moving of the Holy Spirit.

4. Where are you "sleeping?"
  - a. Is there something in your life that God is asking you to do that seems too difficult or maybe even impossible, so you have chosen to ignore His voice?

- 
- b. What brought you to that place? (fear, disobedience, pride?)
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6. What do the following verses tell us about disobedience:
- a. 1 Samuel 12:15 \_\_\_\_\_
  - b. Joshua 5:6 \_\_\_\_\_
  - c. Isaiah 3:8 \_\_\_\_\_
  - d. Ephesians 5:6 \_\_\_\_\_
  - e. Titus 1:6 \_\_\_\_\_

Thankfully, our hope does not rest in our deeds, but in the work of Jesus Christ.

5. Go back and reflect on areas of disobedience in your life:
- a. Read Titus 3:3-8
  - b. What has the sacrifice of Jesus saved you from?

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## WEEK ONE // DAY TWO

JONAH 1:4-17

1. How did Jonah's sin affect the other men in the boat? (Jonah 1:4)

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Disobedience dulls our spirit to the presence of God, but its effect often reaches beyond ourselves.

2. How does the individuals sin in the following passages affect other people?

- a. Adam and Eve (Genesis 3:17-19) \_\_\_\_\_
- b. David and Bathsheba (2 Samuel 2:11) \_\_\_\_\_

3. Can you think of a time when your sin has impacted people around you?

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4. How did Jonah respond when the men on the ship confronted him about the storm?  
(Jonah 1:12)

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Jonah took responsibility for his sin. He did not blame it on anyone else. He did not blame God for asking him to do something too difficult. He simply owned up to it.

5. How did the men on the ship react when the Lord calmed the sea? (Jonah 1:15-16)

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In Jonah's humility, the Lord took what was meant for destruction and used it for good. Even in the midst of our sin, God is sovereign, gracious, and desires for all men to be saved.

6. Read Romans 8:28. Where have you seen God show His mercy to others despite your sin?

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# WEEK ONE // DAY THREE

## JONAH 2

This chapter of Jonah documents his time in the belly of the whale. Three days of silence. Three days of darkness. Three days of uncertainty. Jonah's prayer reads like many of the psalms- a confession of sin and a declaration of the character of God.

1. Where do you see humility in Jonah's prayer?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. What does this prayer say about the character of God?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Recall a time where you were "in the belly."

a. How were your prayers different than normal?

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b. How did God respond to your prayers?

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# WEEK ONE // DAY FOUR

JONAH 3:1-4

1. How long did it take Jonah to get to Nineveh? (Jonah 3:3)

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The Lord provided Jonah with a second chance to obey His voice. For a three day journey Jonah had to count the cost of obedience to God. He had three days to remember the mercy of God. Three days to anticipate what was ahead. Three days to keep choosing obedience. I'm sure the first part was easy. God's mercy was fresh and the challenge was still a ways off. The temptation to run must have grown as Nineveh came closer.

4. Can you recall a time when you gave in to the temptation to give up on the journey to complete obedience?

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Once Jonah got to Nineveh, he spoke with authority to the people warning them of the wrath of God if they did not turn from their ways. Jonah was given a second chance to walk out the call of God on his life.

3. What area in your life do you need a "second chance?"

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2. What are the next steps in your own journey?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_



# WEEK ONE // DAY FIVE

## JONAH 3:5-10

3. How did the people of Nineveh respond to Jonah's message? (Jonah 3:5)

a. \_\_\_\_\_

b. \_\_\_\_\_

4. How did the King of Nineveh respond? (Jonah 3:6-8)

a. \_\_\_\_\_

b. \_\_\_\_\_

Though Nineveh's expression of humility looked different than Jonah's, the Lord responded the same way - with mercy.

3. Read the following passages and look for the people's actions and God's response:

a. 2 Chronicles 7:14

(action) \_\_\_\_\_

(response) \_\_\_\_\_

b. Romans 10:9

(action) \_\_\_\_\_

(response) \_\_\_\_\_

c. 2 Kings 22:19

(action) \_\_\_\_\_

(response) \_\_\_\_\_

d. 1 Peter 5:5-6

(action) \_\_\_\_\_

(response) \_\_\_\_\_

5. Recall a time when you humbled yourself before the Lord.

a. What did it look like?

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b. How did God respond?

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4. Where is God asking you to humble yourself now?

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a. How are you going to do that?

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## WEEK ONE // DAY SIX

### JONAH 4

1. How did Jonah react to God's mercy towards Nineveh? (Jonah 4:1)

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a. How did Jonah react to the plant God appointed to grow? (Jonah 4:6)

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b. How did Jonah react to the death of the plant? (Jonah 4:8)

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In Chapter 4 we clearly see Jonah's love for his own comfort. It bothered Jonah more to lose the shade of a tree than it did to see an entire city perish. As a believer, we are surprised at Jonah's reaction. But, if we ask the Lord to examine our hearts we may find some of the same attitudes.

4. Re-read Jonah 4:9-11. Where have you allowed your personal comfort to overshadow God's heart for the lost?

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- a. Ask the Lord to give you His heart for the lost. Who in your life are you asking God to save?
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

## WEEK ONE // DAY SEVEN

### JONAH 1-4

1. Go back and read Jonah 1-4 again. List the places where God appoints or commands nature?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_

God was trying to get Jonah's attention. He used forces and elements of nature as a means to speak to Jonah and get him to pay attention. In the midst of a trial the easiest and most natural response is "why me?" But perhaps our trials aren't a means of suffering. Maybe God is trying to get our attention. Maybe He is speaking, but we are so consumed with our own discomfort that we can't hear Him.

1. What specific area in your life needs a greater and more urgent sense of obedience? (i.e. family life, relationships, willingness to share the gospel, generosity, living in humility, etc.)

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2. How has God been trying to get your attention?

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3. How are you going to respond to His leading today?

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# S.O.A.P. Bible Study

The book of James tells us that the one who is merely a hearer of the word is like a man who looks in a mirror, walks away, and then immediately forgets what he looks like (James 1:23). The sacrifice of Jesus makes us children of God, application of His word enables us to remember we are children of God. S.O.A.P. is a method for studying the bible that allows you to dig into the Word with a strategy to apply it to your life right away.

To begin read through the given (or chosen) passage of scripture. Write down your immediate observations, the things that jump out to you as you read them. Re-read the passage and pay attention to what God is saying about the observations you made. What do your observations require of you? It could be a specific command, a rebuke, an encouragement, or a mindset you need to adapt. Write down how you can apply that observation to your life today! End this portion of your quiet time by writing down your prayer to God concerning the observation and application you've just made. It should look something like this:

S: Colossians 3:18-25

"Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged. Bondservants, obey in everything those who are your earthly masters,] not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. For the wrongdoer will be paid back for the wrong he has done, and there is no partiality."

O: Whatever you do, work heartily, as for the Lord and not for men. I've been lazy at work. I haven't been completing what I need to and so far it has gone unnoticed to I've been content to be lazy. I want to understand that I work unto the Lord and He is always watching me. I want to care about the work I'm doing because He is worthy of my work.

A: I'm going to write out my daily priorities so I can be diligent and productive at work today, even when no one is looking.

P: God forgive me for being lazy and taking advantage of the opportunity you've given me to work. Help me, today, to work as unto you and not for the approval of man or my flesh.

# WEEK TWO // DAY ONE

**S:** James 1:22-27

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY TWO

**S:** Romans 12:1-2

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY THREE

**S:** Job 22:21-30

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY FOUR

**S:** Ephesians 6:1-9

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY FIVE

**S:** Joshua 1:7-9

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY SIX

**S:** Ephesians 5:15-21

**O:**

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**A:**

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**P:**

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# WEEK TWO // DAY SEVEN

**S:** James 1:5-8

**O:**

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**A:**

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**P:**

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# Meditating on the Psalms

In Hebrew the word meditation means to speak, groan or utter. When we meditate on the Word of God we are speaking His truth to our own hearts. The Psalms are a great place to start when mediating on His word because they teach us how to communicate with God.

Begin your quiet time this week with a psalm. Let your mind and spirit soak in every word it. Think about what it says, think about what it means. Read it ten times over if you need to. Reflect on the words until you've captured the essence of the passage.

In Psalm 27 David writes, "I would have despaired unless I had believed I would see the goodness of the Lord in the land of the living. Wait for the Lord; Be strong and let your heart take courage; Yes, wait for the Lord." He is speaking to his own soul, saying that he will wait because he knows he will see the goodness of God in his lifetime! Believe this week that, as you wait on the Lord, he will reveal his goodness to you like never before!

It's easy to forget what God revealed to you in your quiet time with Him, so this week choose one verse from the psalm you are meditating on to memorize and take with you throughout the day so that His word can continue to stir inside of you.

//a few tips for memorizing scripture//

- write it down
- speak the verse out loud
- write and speak the verse at the same time
- write the verse on a note card and put in in a place where you frequently see it
- make it the background of your phone

**WEEK THREE // DAY ONE**  
**PSALM 1**

Memory verse:

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**WEEK THREE // DAY TWO**  
**PSALM 57**

Memory verse:

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**WEEK THREE // DAY THREE**  
**PSALM 73:21-28**

Memory verse:

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**WEEK THREE // DAY FOUR**  
**PSALM 23**

Memory verse:

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**WEEK THREE // DAY FIVE**  
**PSALM 121**

Memory verse:

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**WEEK THREE // DAY SIX**  
**PSALM 84**

Memory verse:

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**WEEK THREE // DAY SEVEN**  
**PSALM 30**

Memory verse:

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# Lectio Divina

Lectio Divina, in Latin, means “sacred reading” and has been practiced for over 1000 years as a way of intimately communicating with the Lord. Lectio Divina is all about finding what God has to say specifically to you through the scriptures. His Word is living, active, and fresh and the Lord’s desire is that you would read His word with an expectation that it will speak to you and your current circumstance. Monks were some of the first people to use this method of studying scripture. They found that as they read with the intention of hearing from God, words seemed to leap off the page. Even things they had read before came alive in a new way because of the personal relevance to their lives. Lectio Divina opens up our hearts to the Holy Spirit as He illuminates God’s word. Here’s how it works:

- Read: Read through the given (or chosen) scripture passage once. Slowly read the passage again and this time look for a word or small phrase that jumps out at you.
- Meditate: Read and meditate on the word or phrase. Use your imagination to think about what the writer was describing. How does this word/phrase connect to your life right now? What is God revealing to your heart? Is he convicting you, encouraging you, challenging you? Take your time here, wait on the Lord and believe that he has something to speak to you personally!
- Pray: Take all your feelings and emotions that were stirred up in the meditation process and give them to Lord. Believe that the blood of Jesus covers your sin and God’s grace allows you to be an effective minister of the gospel.
- Contemplate: In silence and stillness allow your soul to feel the answer to your prayer through the nearness of God. This is not the same as meditation. Contemplation requires nothing of you except to be. To be with God.



**WEEK FOUR // DAY ONE**  
**PROVERBS 3:5-8**

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**WEEK FOUR // DAY TWO**  
**JOHN 5:19-24**

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**WEEK FOUR // DAY THREE**

**JAMES 1:5-8**

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**WEEK FOUR // DAY FOUR**

**Isaiah 61:1-4**

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**WEEK FOUR // DAY FIVE**  
**COLOSSIANS 3:1-4**

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**WEEK FOUR // DAY SIX**  
**HEBREWS 10:35-39**

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# WEEK FOUR // DAY SEVEN

1 John 1:15-17

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