

# The PSALMS Method of Bible Study

“Be still and know that I am God...”

*Psalms 46:10*

## P Plan and Pray

Gather a Bible/reading device, a notebook, pen and highlighter. Find a quiet place alone. If you are easily distracted by your own thoughts, consider clearing your mind by writing down a list of your “to dos” or everything on your mind before you begin. Once you are ready, start by praying. If you have a particularly difficult time concentrating, consider writing down your prayer or praying out loud.

## S Study

Find a Bible that you can read and understand. If you have difficulty reading, check out the Easy-to-Read Version on [Bible Gateway](#) or listen to an [audible version](#). If you don’t have a reading plan or don’t know where to begin, try following along with Tricia’s Weekly Inspirational Devotional Email Series. You can also find a variety of Bible-reading plans online. Remember that quality is more important than quantity. If you are new to Bible reading, try concentrating on a few verses each day.

- Read/listen to the verses.
- Highlight/write down any words that may stand out to you.
- Underline/write down anything that you want to remember.
- Jot down any questions you may have or anything you don’t understand.
- Read/listen to the verses again.

## A Ask

Ask God to help you understand what you just read/listened to. Ask Him to use His Word to speak to your heart. Read the questions that you jotted down to God, asking Him to reveal His answers to you.

## L Listen

Spend a few minutes sitting quietly, giving God the time and opportunity to speak to you. Don’t expect an audible voice, and don’t worry if you don’t “hear” anything. Don’t grow concerned or give up if you still don’t understand or still have questions. Just consistently and persistently spend a few moments quietly listening for His voice. [James 1:5](#) promises that if we ask God for wisdom, He will give it. Just be patient.

## M Meditate and Memorize

If there is any commentary or a lesson to go with your Bible-reading plan, read it now. Look back over the Bible passage. Did the commentary or lesson help answer any of your questions? If so, write down the answer next to your question. If it prompted more questions, write those down. Choose a verse or section of scripture that you would like to meditate on or memorize. Write it on an index card or in your phone notes. Spend time throughout the day, rereading it.

## S Say thanks and Sing!

End your time of prayer and Bible study with worship. Spend a few minutes in thanksgiving for Who God is and What He has done for you. Then make a joyful noise unto Him (Psalm 100). If you don’t know any songs, look up “Christian worship music” or “Christian hymns” on YouTube or find a local Christian radio station.

*The PSALMS Method of Bible Study is a free resource provided by  
The Girls Get Together*



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