

The ROOT Method

A Simple Guide to Bible Study & Meditation

Reading the Scripture isn't about getting through more chapters; it's about letting God's Word get through to you.

"Oh the joys of those who... delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do." - Psalm 1:1-3

R — Read the Text

Slow down before you speed up. Before asking what a passage means, simply read it carefully.

Ask:

- What stands out?
- What words or phrases are repeated?
- What commands, promises, contrasts, or questions do I notice?
- What emotions or tone do I hear?

Helpful Tip: Read the passage two or three times. Read it aloud if possible. Keep a pen in your hand and mark what catches your attention.

Goal: See what the text actually says before deciding what it means.

O — Observe the Context

Every verse belongs to a story. The Bible was written for us, but it wasn't written to us. Every passage has an original audience and purpose.

Ask:

- Who wrote this?
- Who is being addressed?
- Why was this written?
- What is happening before and after this passage?
- How does this fit within the whole book?
- What key words connect the author's ideas? ("because," "therefore," "but," "so," "if" ...)

Look for the author's flow of thought rather than isolated verses.

Goal: Understand what the human author intended to communicate.

O — Open Your Heart

Move from information to revelation. Now that you've understood the passage, invite the Holy Spirit to press its truth into your heart. It's time to ask the deeper question: what is God revealing through these inspired words?

Consider:

- What does this teach me about God?
- What does this reveal about Jesus?
- What does this reveal about humanity?
- What timeless truth is God communicating?
- How does this passage fit into the story of redemption?

Remember: The Bible never means what I want it to mean. It means what God intended it to mean. And so I pray: "Lord, don't just inform my mind. Transform my heart."

Goal: Allow the Holy Spirit to use God's truth to reshape me from the inside out.

T — Take It With You

Don't leave God's Word in your chair. Carry it into your day. Study becomes transformation through meditation. Choose one truth to carry with you.

Throughout the day:

- Memorize it.
- Pray it.
- Turn it into thanksgiving.
- Talk about it with someone.
- Write it on a card or your phone.
- Return to it whenever your mind wanders.
- Ask the Holy Spirit to help you live it.

Ask:

- What will I believe today because this is true?
- What will I do differently today?
- What needs to change?

Goal: Let God's truth shape your thoughts until it shapes your life.

The ROOT Method at a Glance

<u>Step</u>	<u>Question</u>	<u>Focus</u>
Read The Text	What does the text say?	Read carefully.
Observe The Context	What did the author mean?	Understand the context.
Open Your Heart	What is God revealing?	Discover timeless truth.
Take It With You	How will this shape my life today?	Meditate, pray, and obey.

Bible Study vs. Meditation

<u>Bible Study</u>	<u>Biblical Meditation</u>
Discover meaning	Deepen meaning
Uses observation	Uses reflection
Uses questions	Uses repetition
Seeks accuracy	Seeks transformation
Understands truth	Internalizes truth
Happens at a desk	Happens all day
Primarily intellectual	Intellectual, emotional, spiritual, and practical
Ends with application	Continues until obedience becomes habitual