

M.E.A.T. Bible Study Method

Main Idea

What is the intended meaning of the text?

- ⇒ The idea here is not what *you* think is the main idea of the text but rather what is the intended meaning of the text. In other words, what was God communicating to the original audience?

Examine

How does this passage fit in the overall storyline of Scripture? What does God reveal/teach in this passage?

- ⇒ Historical background, cultural contexts, key places, people, happenings, and events
- ⇒ Underline things that stand out to you, circle key phrases or repeated words, and/or highlight significant people/places

Application

What are the practical life principles found in this passage?

- ⇒ Write down everyday applications for your life right now

Transformation

What needs to change in my life after reading this passage?

- ⇒ Write down and pray through some next steps in your walk with Jesus after studying this passage