



Session Title: Engaging the Text — Paraphrase It, Personalize It, Pray It

Primary Scripture: **James 1:22–25 (ESV)**

LEARNER GUIDE

Unit Overview

In this session, you will learn three transformational Bible study methods: Paraphrase It, Personalize It, and Pray It. These tools help move Scripture from information to formation. Many believers read the Bible regularly but struggle to experience its personal power. These methods help Scripture stay with you long after you close your Bible.

Our focus passage is **James 1:22–25 (ESV)**, which reminds us that hearing without doing leads to spiritual deception. These three methods help us become doers of the Word.

Introduction

Have you ever read a passage and immediately forgotten what it said? James compares that experience to looking in a mirror and walking away unchanged. Bible study is meant to transform us.

Today you will practice three methods that help Scripture move from your head to your heart.

Bible Study Content

Point One: Paraphrase It!

Original Text:

Philippians 4:6–7 (ESV)

“Do not be anxious about anything...”

My Paraphrase:

What did you discover by rewriting it?

Point Two: Personalize It!

Romans 8:1 (ESV)

“There is therefore now no condemnation for those who are in Christ Jesus.”

Write your name into the verse:

“There is therefore now no condemnation for _____.”

How does this feel different from simply reading it?

Point Three: Pray It!

Psalms 51:10 (ESV)

“Create in me a clean heart, O God...”

Turn this verse into a prayer:

Digging Deeper

Why does James warn against being hearers only?

Which of these three methods challenges you most? Why?

Did You Know?

African American believers historically engaged Scripture through testimony, song, and prayer. Enslaved Christians often personalized promises to survive suffering. They prayed the Psalms into their lived reality. Scripture was never distant — it was dialogical. These methods reflect that heritage.

Live It!

This week, choose one passage daily and apply all three methods.

Question:

Which method will you commit to practicing first?

My Commitment:

Application Points

Application 1: Paraphrase one verse each morning.

Application 2: Personalize promises when feeling discouraged.

Application 3: End each devotion by praying the passage aloud.