CRAVE

SESSION 3: You Were Built for This!

INTRO

Our hearts are the intended targets of the message of God's Word. But, the message has to go through our brains to get there. And of course, the written form of God's Word is a lot of text for the brain. In fact, the Bible clocks in a bit longer than the novel *Les Misérables* and a bit shorter than the entire Harry Potter series. If you don't classify yourself as a reader, that amount of text can seem pretty daunting. Actually, even if you do classify yourself as a reader, that amount of text can seem pretty daunting.

Session 2 focused on how God wants us to experience His Word. The passages we explored showed that God does not want us to miss one life-changing drop, inviting us to a level of communication that is engaging, meditative, and interactive. But there is another angle to consider: How do we like to learn? How are we hard-wired to interact with words? The way we take in text and process information has more to do with our level of engagement with Scripture than what we might suspect. And it could also be the difference between invigorating Bible experiences and Bible time that doesn't connect. We tend to gravitate to the default learning style of reader, but if reader is not your learning style, it may explain why Bible time is a struggle for you. If you've ever felt that Bible reading was boring, consider this: **it's not you. It's your learning style.** More specifically, it's a mismatch of your learning style with your Bible engagement. This is why it may be helpful, early in this Crave experience, to understand the type of learning you tend toward…your learning style, if you will.

Learning Style Testimony

Barry Shafer, Founder/Director
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"In my young adult life I trudged along in my personal Bible study, trying many methods without much success. Then I happened upon (divinely and mercifully directed, actually) an approach to Scripture that lit me up and changed the trajectory of my life (more details in Sessions 4-6 on that approach). The approach was transformative—it tapped into how I like to ingest information and helped me engage Scripture in a way that catered to how I am wired to ingest words. It wasn't until recently that I've understood the learning style connection.

Here's the thing: I'm not a Bible scholar nor an educator, but I believe that different genres of Scripture are designed for different learning styles. It would make sense that God would build a gateway into Scripture that caters to how each of us are wired to comprehend—God built us a personal on-ramp into the Bible. Understanding our learning style and applying it to our interaction with God's Word can open us up to an invigorating level of Bible study that we never thought attainable."

So, Session 3 is simply a brief exercise with the included Worksheets 1 and 2 to introduce you to four basic learning styles: Visual, Auditory, Reading, Kinesthetic (VARK). And by the way, there are many philosophies about learning styles and more nuanced styles than four. The exercise is to simply read through the worksheets and see which learning styles resonate with you (you may have more than one). You'll also see some suggestions for how to apply each learning style to a more engaging Bible study experience.

One last note: You'll see the learning styles applied to a study method that has been alluded to in these sessions but has not yet been fully explained—inductive Bible study. You may be familiar with this modality, or you may be seeing this phrase for the first time. We will be diving into the tools of inductive Bible study in Sessions 4-6. These are tools that help us engage in Scripture the way God asks of us (the actions we explored in Session 2) and they also utilize a wide range of learning styles.

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EXERCISE: 4 STEPS

STEP 1: On **Worksheet 01** simply read about each learning style and note which style resonates with you.

STEP 2: On **Worksheet 02** read through the information about the learning styles that you noted in STEP 1 and try any of the suggestions for stepping into effective Bible study.

STEP 3: The Scripture references in the chart below are snippets from the passages explored in Exercise 2 showing us how to engage in God's Word. Read the snippet and write in the middle column (labeled "Phrase") the phrase that explains the action related to God's Word (Law, decrees, words, commands, etc.). Then, using your new-found knowledge about learning styles, write in the "Learning Style" column which learning style best represents the action phrase in each Scripture (there may be more than one learning style for each action phrase).

STEP 4: Do an online search for "my learning style" and you'll find cool tools for evaluating and better understanding your personal learning style. It is never too late to discover your learning style and to put that into practice.

Scripture	Phrase	Learning Style
Deuteronomy 6:7		
Deuteronomy 6:8		
Deuteronomy 6:9		
Psalm 119:15		
Proverbs 2:3		
Proverbs 2:4		
Ezekiel 3:3		
Revelation 1:3		

Finally, to give you an opportunity to stay fresh in your motivation to crave God's Word, below are four bonus passages to apply your learning style. Take these passages to your "spot" and experiment with a learning style to explore these passages. You may want to also explore the context around each of these passages.

1 Peter 1:3-4 | 1 Peter 2:2-3 | John 14:21 | Hebrews 11:6

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VARK Learning Styles

WORKSHEET: 01

Our hearts are the intended targets of the message of God's Word. But the message has to go through our brains to get there. Knowing your learning style may clear a path between your heart and your brain.

This is not an exhaustive review of learning styles, but a simple introduction. You can find many tools online to help you identify and utilize any learning styles you may tend toward.

VISUAL

You prefer images, maps, charts, diagrams, flowcharts as ways to organize the information. Diagrams rock. You likely appreciate the graphic in the middle of this page more than people with the other three learning styles.

AUDITORY

You best understand new content through listening and speaking, lecture-style situations group discussions, and podcasts. You might enjoy thinking out loud about something. You may cater to repetition and mnemonic tools ("Every Good Boy Does Fine"). In fact, you might want to make a sentence or phrase out of the first letter of each of these learning styles: VARK

READING/WRITING

You love words! You prefer reading and note-taking; you're an avid reader; you like to journal, make lists, collect/use quotations. You have likely been more drawn to the words and text on this sheet rather than to the graphic in the middle.

KINESTHETIC

You like tactile, hands-on learning. You like to learn with your hands; you'd rather take a watch apart than have someone tell you how it works. You likely prefer real scenarios and video of REAL things showing you how something works. You might appreciate someone from each learning style telling or showing you how he or she learns.

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WORKSHEET: 02

These are examples and suggestions to consider for your Bible routine, matching VARK learning styles with steps of inductive Bible study (observe, interpret, apply).

VISUAL

How To EXPLORE Scripture (OBSERVATION)

- Use colors and symbols to mark or highlight key words and phrases, info about writers and recipients.
- Create maps, draw story boards of action in the Scripture. Create artistic sketches to illustrate truth and takeaways.

How to PROCESS Scripture: (INTERPRETATION)

- Create flow charts to explain theological concepts.
- Draw diagrams to explain points and principles.

How to DO Scripture: (APPLICATION)

- Create a computer/phone wallpaper as a reminder of the commitments you've made as a result of your study time.
- Boil down diagrams and flow charts into creative bumper-sticker takeaways you can use as daily reminders of how to apply the truth you explored.

AUDITORY

How To EXPLORE Scripture (OBSERVATION)

- Explore Scripture with a study partner. Use an audio Bible version to listen to Scripture.
- Create mnemonic tools to remember lists. Example: create a sentence using the first letter of each fruit of the Spirit (Galatians 5:22-23) to form the words of a sentence.

How to PROCESS Scripture: (INTERPRETATION)

- Re-tell the Scripture as a story to a friend or as a post.
- Make audio notes to yourself using your phone's voice memo app.
- Discuss observations with a friend or study partner.
- Record a voice memo of a passage, speaking it in your own words (your own paraphrase).

How to DO Scripture: (APPLICATION)

- Share your commitments and takeaways with an accountability partner or a friend.
- Create a playlist that reflects the truths/acts of obedience from your study time.
- That mnemonic tool you created in your exploration of Scripture (example: list of fruit of the Spirit in Galatians 5:22-23)? Send the exercise to your friends and ask them to create their own sentences.

READING/WRITING

How To EXPLORE Scripture (OBSERVATION)

- Use symbols to mark in Scripture key words and phrases, info about writers and recipients.
- Make lists of words/phrases you have highlighted (for example: 1 John 4, after marking all references to "love" with a heart, look at your hearts and make a list of everything you learn about love).

How to PROCESS Scripture: (INTERPRETATION)

- Look at what you've noted/marked and re-tell it as a story.
- Out of your list (see the 1 John 4 example in the Observation stage above), pick out something that is challenging, convicting, encouraging; explain why (to yourself and to your friends).

How to DO Scripture: (APPLICATION)

- Create a takeaway phrase (bumper sticker) that reminds you of commitments you made as a result of your study time.

KINESTHETIC

How To EXPLORE Scripture (OBSERVATION)

- Use colors and symbols to mark or highlight key words and phrases, info about writers and recipients.
- Write all the commands or instructions in a passage on a sheet of paper or even a small plastic megaphone (to illustrate "instruction").
- To get really kinesthetic: Create Play-Doh or clay models of what you see in Scripture.
- Pick up a sand tray or re-purpose a Mini Zen Garden to create designs that depict the truth of a passage.

How to PROCESS Scripture: (INTERPRETATION)

- Take pictures with your smartphone of any list you wrote down in your "observation" stage. Then take a walk and look at the list in the picture. Pick an item and reflect on it. Meditate on it. Ask God to teach you more about it.

How to DO Scripture: (APPLICATION)

- Use a desktop item, or create something out of Play-Doh, as a reminder of the commitments you made as part of your study time. Let it serve as a prayer prompt.

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