VARK LEARNING STYLES EXPLAINED

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 create a clear path.

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 on whiteboards or in Prezi or PowerPoint rock. You likely appreciate the graphic in the middle of this page more than those possessing 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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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 theological 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. Meet in person or via text/email.
- 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 your 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 take-aways 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 clay or Play-Doh 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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