



---

## HOW TO REAP

Remember to pray as you open the Bible, asking God to show you the grace of Jesus.

**Read the passage.** Read it a few times, silently and out loud, with a pen in hand. Note thoughts that might be significant. Answer the question, "What do I see?" Write down one verse that jumped out at you.

**Examine the passage.** At this point, we will answer some questions about the meaning of the text.

- Work through this list of questions;
  - What does the text mean ?
  - What do I like? Is there anything that I don't like?
  - Is there anything I don't understand?
  - What do I learn about God, people or myself from this passage?

**Apply the passage.**

- Answer the question, "No matter where I am spiritually, what would it look like for me to apply this week to what we just read and talked about?" Write out your response to this question.

**Pray.** Ask that God would be glorified as we seek to apply the passage this week.

The goal of this kind of Bible study is primarily to grow in faith and obedience, not mere knowledge. Keep that in mind and be attentive each step of the REAP process.

## ACCOUNTABILITY QUESTIONS

These questions are a starting point for your LTG as you seek to break Strongholds in your life. Develop your own over time!

- Have you spent daily time in the scriptures and in prayer?
- Have you had and flirtatious or lustful attitudes, tempting thoughts, or exposed yourself to any explicit materials which would not glorify God?
- Have you been completely above reproach in your financial dealings?
- Have you spent quality relationship time with your family and friends?
- Have you done your 100% best in your jobs, school, etc.?
- Have you told any half-truths or lies or putting yourself in a better light to those around you?
- Have you shared your faith with a non-believer this week?
- Have you taken care of your body through physical exercise and proper eating/sleeping habits?
- Have you allowed any person or circumstances to rob you of your joy?
- Have you lied to us on any of your answers today?



---

## Life Transformation Groups (LTG)

LTGs are simple. With a group of 2 or 5 people of the same gender, do 3 things:

### REAP from God's word together (15 MINUTES)

Each person shares what they have heard from God.

Come prepared to share a journal of what you learned from your time in the scriptures the past week. Then share specifically how you can obey what you have learned from the bible in the coming week. We commend to you the REAP method when reading through scripture. You can learn REAP at the end of this document. It may be helpful to commit as an LTG to reading through a specific book or reading plan together.

### Ask heart-level questions (30 MINUTES)

Each person spends time repenting of their sin and believing the gospel.

Share with one another how you have sinned against God this past week. The accountability questions below are a helpful tool and will give you some questions to consider. Be specific, and also share your heart motivations behind the sin. After sin has been confessed, spend time speaking out loud to yourself and to one another the good news of Jesus' work for us. Hearing the Gospel spoken out loud enables us to believe the gospel is good news for us!

### Pray together (15 MINUTES)

Each person shares opportunities they have to share the gospel in the coming week. Talk about how your relationship and spiritual conversations have gone with your non-believing friends. Share how you plan to weave this person into your community. Then pray for them by name for God to save them.