Bookmark Printing Tips: Print bookmark on thick paper or card stock and laminate using self-laminate sticky sheets for extra durability.

**PRAYER BEFORE READING THE BIBLE**

- ‘Illumine our hearts, O Master Who loves mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.’

**STEPS TO A BETTER ORTHODOX BIBLE STUDY**

1. **PRAY** - Pray asking God to open your heart and mind in preparation for reading the Holy Scriptures.

2. **READ** - Read the passage and try to determine what the text is trying to say? Define difficult verses, terms, characters, places, context, etc.

3. **UNDERSTAND** - Understand the passage using reliable source: Orthodox Bible studies, writings of the Church Fathers, different Bible interpretations, etc. Examine how your Orthodox Church lives out the Scripture? Whether in the Sacraments, services, traditions, prayers or practices.

4. **SEARCH** - Search the Scripture and identify:
   - Where is Christ is so be found in the passage?
   - What is God’s personal message for you within this passage? Promises, covenants, commandments, blessings, etc.
   - If there is a deeper spiritual meaning to the passage you have read.

5. **MEMORISE** - Pick a Scripture passage to memorise and intentionally begin applying in your life.

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Prayer before the Gospel
St John Chrysostom Liturgy
spirituallygrounded.org

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