

Hello, True Girl!

When I was 8 years old my mom gave me a devotional book called *Our Daily Bread*. And that's where my love for God's Word began. I just love reading, studying, meditating on and memorizing the words of the Bible! I really hope you learn to love it, too.

Are you a little bit nervous about studying the Bible because some of it is hard to understand? I get that! In fact, lean in real close because I'm going to tell you something about me: **I don't understand everything I read in the Bible either! But the more I study it, the more of it I understand.** It's kind of like a treasure hunt. The more you look, the more you find!

There are lots of ways to study the Bible and the True Girl 4-Z Method is one way for you to dive into the Truth of God's Word. **Just turn the page and begin to learn how to use this journal.**

John 8:32 says that when you know the Truth, it will set you FREE! That's such good news, isn't it? **Are you ready to ZOOM, ZOOM, ZERO and ZIP into the freedom you can find only in the Word of God?** Let's do it!

In His Love,





Dannah Gresh

TRUE GIRL FOUNDER



What are the 4 Z's anyway?

At True Girl, we have developed a really cool way to study the Bible. We call it the 4-Z Method of Bible Study! All you have to do is: ZOOM, ZOOM, ZERO, ZIP!

-  **Zoom Out** — get the big picture
-  **Zoom In** — understand the details
-  **Zero In** — find out what it really means
-  **Zip It Up** — learn what God wants you to do with it

THE BASICS OF ZOOMING— WHO? WHAT? WHERE? WHEN? WHY?

Zoom Out



One way to get a better understanding of what the Bible means is to look at the context.

{ **Context:** the background of the story }

To see the context, we ZOOM OUT and look for what else was going on in the background. Our goal is to better understand the time, place, and people.

We ask questions like:

- ★ When did this happen?
- ★ Where did it happen?
- ★ Who was there?
- ★ What else was happening at that time?
- ★ Why did God allow it in their lives?

The answers help us understand the story.

Zoom In



Another way to gain a better understanding of what something in the Bible means for us is to look at the particulars.

{ **Particulars:** the details of the story }

To see the particulars, **we dig deeper below the surface**—like when you step on a treasure chest and lean down to uncover and lift it up! These details are more clearly seen when we ZOOM IN on a word or a phrase to figure out what it really means. This is important because the Bible was originally written in Hebrew, Greek and Aramaic. So sometimes you and your mom might want to look up the original meanings of the words in the Bible to more fully understand them. Or you could even look up the dictionary definition to understand the word better.

Zero In - What does it mean?

Once we've considered the context (by zooming out) and the particulars (by zooming in), **we'll need to think a little harder to uncover why this story or truth is in the Bible.** You're going to have the opportunity to ZERO IN, or focus, on what it might mean for you and what it tells you about God.

Zip It Up - What does God want me to do with it?

To complete your study, you'll need to respond to God. After all, the Bible contains His words...so when you read it...well, if you don't respond, that's kinda just like a one-sided conversation. **ZIP IT UP means you take the opportunity to obey, agree with, or even question God.** (Sometimes it can feel wrong to question Him, but I promise that it's OK to ask God questions. He wants you to express your thoughts and feelings to Him.) Either way, it's important to take time to talk to God about what you've studied in His Word.

And there you go! The 4-Z Method of studying your Bible!

**WELL, WHAT ARE YOU WAITING FOR? IT'S TIME
TO START DIVING INTO GOD'S WORD!**

The True Girl 4-Z Method of Bible Study

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Zoom Out

get the big picture



Zoom In

understand the details



Zero In

find out what it really means



Zip It Up

learn what God wants you to do with it

IN THE BEGINNING, THE WORD ALREADY EXISTED. THE WORD WAS WITH GOD, AND THE WORD WAS GOD. - JOHN 1:1

ZOOM OUT! { WHO? WHAT? WHERE? WHEN? WHY? }

Let's get the context of the verse!

Who is involved in this verse? (Hint: Who is "The Word"?)

What does it mean that "The Word already existed"?

When did this happen? (This is a hard question. See John 1:2 to John 1:14.)

Where did this happen? (Also, difficult! Look at those same two verses again.)

Why might John call Jesus "the Word"?

ZOOM IN! { ARE THERE ANY KEY WORDS THAT MIGHT MATTER A WHOLE LOT? }

Let's look closely at the "particulars!" Look closely at the words and their meaning.

Read the verse again. Write down any words or phrases that are repeated or stand out to you.

Use an online Bible dictionary to look up one of these words and understand it better. Write down anything that seems important or interesting to you.



Rewrite the verse in your own words to make sure you understand it. _____

BY DIGGING INTO THESE DETAILS, YOU'RE SEEING MORE OF WHO JESUS IS!

ZERO IN! { HOW DOES GOD WANT ME TO RESPOND TO THIS TRUTH? }

Think about how this verse applies to you personally.

What does this verse mean for you? What does it show me about Jesus? _____

Write down one way you can apply this verse to your life. For example, if "the Word" is Jesus, what does it mean to spend time reading your Bible? _____

THIS IS YOUR CHANCE TO LET GOD'S WORD SINK INTO YOUR HEART AND BECOME REAL FOR YOU.

ZIP IT UP! { ASK FOR GOD'S HELP IN RESPONDING TO THIS TRUTH. }

Finish with prayer.

Take a moment to pray as mom+daughter. Thank Jesus for making it possible to know Him by spending time in His Word.

Ask Him to help you grow closer to Him as you study His Word.

HERE'S WHAT WE HOPE YOU LEARNED:

SPENDING TIME IN THE _____ IS SPENDING TIME WITH _____.

For more 4-Z fun, join us online for one of our True Girl Bible studies!

