

SEVEN PERSONAL BIBLE STUDIES USING THE T.R.I.P. METHOD

When using the TRIP method, it helps to read the Bible verses in their context in the Bible. Write down your responses and feelings towards the verse and then pray them to your Lord. Use the TRIP as a way to respond to God's word.

The TRIP form of prayer is patterned after Martin Luther's way of praying. It was later developed by Walter and Ingrid Trobisch and then adapted by Mount Carmel Ministries to help people pray.

It may help you to think of this method of praying as an invitation to talk with God.

T **thanks.** As you read the verses for the day, consider what God your Father is offering to you. Maybe He is offering you guidance on how to be a better friend, maybe He is affirming his never-ending love for you, or maybe He is showing you a way to get through a problem you are having. In other words, what is God telling you through his Word that you can be thankful for? Consider what God is telling you to be a gift, and respond to His gift with thanks. Perhaps you could begin your thanks by writing, "I thank you God that you..." and then finish it with the ideas you have discovered in the Bible verse you chose. Write as freely as you are able.

R **regret.** After you have written how thankful you are for what God has given to you, think of one habit or attitude that is not in agreement with this image. Stop to think and reflect on any regrets you may be feeling and confess to your Lord Jesus what those regrets may be. Write down a sentence prayer that identifies what you would like to confess to your Lord. Keep this prayer short and limit your regret to one thing.

I **intercession.** Asking the Holy Spirit for help in some concrete way comes more easily after we have made the "regret" response. Intercession is one way of praying for the Holy Spirit's power to help us with inner change. In other words, the things we have identified in ourselves which we regret and want to change, we ask the Holy Spirit to show us how to do. In this prayer we are asking for help with the one specific need or issue we identified in the "regret" response.

P **urpose** Now we have the opportunity to see if there is something important that our God is leading us to do today. As specifically as you can, identify one action God is encouraging you to take based on your "T.R.I.P." responses. Some texts will be clearer than others for your plan of action response.