

Read – Read the passage in its context several times. Read it slow enough to understand what God is saying through it.

- What ideas or words are emphasised, repeated or related in this passage?
- In your own words, what is the main idea of this passage? (Try to summarise these

verses in 10 words or less)

Examine – Next, try to understand the specifics of what the passage is communicating.

- What do you notice about God? What has he done/is he doing in these verses?
- What do you learn about Jesus and his gospel from this passage?
- What does it reveal about people?
- How do you think the writer wanted his reader to respond to these words?

Apply - After seeking to understand God's Word in this passage, consider how he intends to use it in your heart and life today.

- Consider the first part of the sentence "Blessed be the God and Father of our Lord Jesus Christ". Why does Paul the Father the God of Jesus and what does that have to do with the fact that he begins the letter with praising God? Think about Jesus has humbled himself for our sake.
- There are false mercies and fake comforts our hearts often cling to. These often work as painkillers and not much more. How do God's mercy and comfort differ from that and how does he give it to us in Christ?
- Take a few minutes to remind yourself of moments where God has shown you his mercy and comforted you. Take time to praise God for his mercy and comfort to us in Christ.