

# **A 5-Day Bible Study Workbook for Beginners**

Created by Faithful & Well  
Towards your Growth in Christ



## **How to Use This Workbook**


Each day, you'll study one Bible passage using the READ method:


- R – Read the passage slowly and thoughtfully.
- E – Examine what it says. What stands out? What questions do you have?
- A – Apply the truths to your life. What do you feel led to do or change?
- D – Devote yourself to prayer and praise, responding to God personally.


Take your time with each step and allow God's Word to speak to your heart.


# Day 1 – Psalm 1

Focus: God's Word as Your Foundation

 **READ:** Write out or reflect on key verses that stand out.

 **EXAMINE:**  
What do you notice? What do you learn about God or yourself?

 **APPLY:**  
How can you live this out today?

 **DEVOTE:**  
Write a prayer from your heart.


 **JOURNAL SPACE:**


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# Day 2 – John 1:1–14

Focus: Who Is Jesus?

 **READ:** Write out or reflect on key verses that stand out.

 **EXAMINE:**  
What do you notice? What do you learn about God or yourself?

 **APPLY:**  
How can you live this out today?

 **DEVOTE:**  
Write a prayer from your heart.


 **JOURNAL SPACE:**


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## Day 3 – Romans 5:1–11

Focus: God's Grace and Peace

 **READ:** Write out or reflect on key verses that stand out.

 **EXAMINE:**  
What do you notice? What do you learn about God or yourself?

 **APPLY:**  
How can you live this out today?

 **DEVOTE:**  
Write a prayer from your heart.


 **JOURNAL SPACE:**


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# Day 4 – Proverbs 3:1–6

Focus: Trusting God's Guidance

 **READ:** Write out or reflect on key verses that stand out.

 **EXAMINE:**  
What do you notice? What do you learn about God or yourself?

 **APPLY:**  
How can you live this out today?

 **DEVOTE:**  
Write a prayer from your heart.

 **JOURNAL SPACE:**


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 Visit: <https://faithfulandwell.com/>


# Day 5 – Ephesians 2:1–10

Focus: Saved by Grace, Not Works

 **READ:** Write out or reflect on key verses that stand out.

 **EXAMINE:**  
What do you notice? What do you learn about God or yourself?

 **APPLY:**  
How can you live this out today?

 **DEVOTE:**  
Write a prayer from your heart.

 **JOURNAL SPACE:**

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# Closing Reflection

Take a moment to reflect on what God has shown you this week.

- What passage impacted you the most?
- What step of faith will you take next?
- Write a prayer of commitment or thanksgiving below.

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