



# Hydrate

— HOW TO READ YOUR BIBLE —

and get something out of it



# you have just taken a big step in your journey with Jesus!



GREETINGS

So many people want to read the Bible and get something out of it, but just don't know where to start. *This class will help you know where to start.*

So many people start to read their Bible, get discouraged by how confusing it is, and give up. *This class will help you know what to look for and what to expect from your Bible.*

So many people start reading the Bible, but fail to see how an old book of stories relates to their lives. *This class will help you to apply what you read.* **But more than that, this class will train you to listen for what God himself wants to say to you through his written Word, the Bible.**

here is how to  
make the most of  
this class



INTRODUCTION

FOR EACH LESSON...

1 — step one  
Watch the video

2 — step two  
Answer the lesson  
questions in this  
workbook

3 — step three  
Complete the  
**Hydrate  
Challenge**  
with your Bible  
or Bible app

ACCESS  
THE  
LESSON  
VIDEOS  
HERE:



[WWW.RIDGENAZ.ORG/HYDRATE](http://WWW.RIDGENAZ.ORG/HYDRATE)



## LESSON ONE

what can i expect to  
get from my Bible?

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**Don't just read the Bible.  
Read until you get something  
that speaks to your life.**





## LESSON ONE

what can i expect to  
get from my Bible?

**start this lesson by  
watching the video**

### **FILL IN THE BLANKS BELOW AS THEY ARE PRESENTED IN THE TEACHING**

what can we expect from God when we read  
our Bibles?

- Teaching: The Bible teaches us what is \_\_\_\_\_.
- Rebuking: The Bible exposes and \_\_\_\_\_ our wrong beliefs.
- Correcting: The Bible \_\_\_\_\_ us and tells us how we  
can get back on the right path.
- Training in Righteousness: The Bible teaches us to \_\_\_\_\_ what  
is right.



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## LESSON ONE

what can i expect to  
get from my Bible?

### REFLECTION QUESTIONS

in general, do you find Bible reading to be:

- difficult
- exciting
- confusing
- inspiring

if your time in God's Word could  
improve in one way, how would you like to see  
it improve?



# hydrate challenge

## 1 PETER 1:1-12

As you hydrate your soul through time with God today, simply read 1 Peter 1:1-12. You might even read it all two or three times. Read slowly, as if you are reading a message straight from God. Then pick the one verse that is most meaningful to you. Underline or highlight it. Then simply talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

## HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_





**LESSON TWO**  
hearing from God

A background photograph showing a person's hands holding a Bible on a wooden surface. The person is wearing a blue shirt and a watch. The text is overlaid on a white rectangular box in the center of the image.

**When you read  
your Bible, what  
you are really  
doing is hearing  
the voice of God  
as he speaks a  
personal message  
to you!**



## LESSON TWO

hearing from God

**start this lesson by  
watching the video**

### REFLECTION QUESTIONS

prior to this lesson, how would you have described what it means to “hear” from God?

how could your experience of the Bible be different if you were to see it as a love letter written from the God of the universe to you? can you see yourself “hearing” from God in this way?

which part of Butch’s story inspired you the most?



# hydrate challenge

## 1 PETER 1:13-25

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Just like the previous challenge, read the passage and underline or highlight one verse that is most meaningful to you, and then talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

### HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_



## LESSON THREE

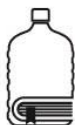
lessons from  
grandma

**If reading your Bible makes  
you smarter, but it doesn't  
make you better, you are  
doing it wrong.**



—— 1 Corinthians 8:1b (NIV) ——

“ knowledge puffs up while love builds up. ”



## LESSON THREE

lessons from  
grandma

**start this lesson by  
watching the video**

### REFLECTION QUESTIONS

Do you remember the main point of the lesson? The goal of Bible reading is not to gain \_\_\_\_\_, but to gain \_\_\_\_\_ and \_\_\_\_\_ as you learn to think and live according to God's truth.

how would you  
complete this  
sentence?

*information without  
application is...*

what are the  
problems you will  
face if you grow in  
knowledge of the  
Bible but fail to take  
action?



# hydrate challenge

## 1 PETER 2:1-10

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Just like the previous two challenges, read the passages & underline or highlight one verse that is most meaningful to you, and then talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

## HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_



## LESSON FOUR

why hydrate?

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**Reading your Bible is a lot like water; you are not meant to go more than a day without it.**





## LESSON FOUR

why hydrate?

**start this lesson by  
watching the video**

### REFLECTION QUESTIONS

have you ever experienced physical dehydration from not drinking enough water? what were your symptoms?

on a scale of 1 to 10, how would you rate your typical level of spiritual hydration? 10 = “i’m regularly full and overflowing with spiritual vitality” and 1 = “i am regularly dry and running on empty.”

1 ————— 10





## LESSON FOUR

why hydrate?

### IN VERY PRACTICAL TERMS, WHAT COULD IT LOOK LIKE FOR YOU TO REMAIN SPIRITUALLY HYDRATED?

In the boxes below, describe how spiritual dehydration contrasts with staying spiritually hydrated.

When I am  
spiritually  
dehydrated I  
am...

When I am  
spiritually  
hydrated I  
am...

### HOW ARE YOU GROWING SO FAR FROM THIS COURSE?

Send Jason a quick message and tell him how you are hearing from God:

Text Message: 360.552.7794 email: [jason@ridgefieldnazarene.org](mailto:jason@ridgefieldnazarene.org)



# hydrate challenge

## 1 PETER 2:11-24

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Do you sense that God is trying to teach, rebuke, correct, or train you with something in this passage? Underline it or highlight it, talk to God about it, and then take action!

which verse did you highlight or underline?

## HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_



## LESSON FIVE

the power of habits

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**If you will put in the reps  
now, you set yourself up  
for a lifetime of growth.**

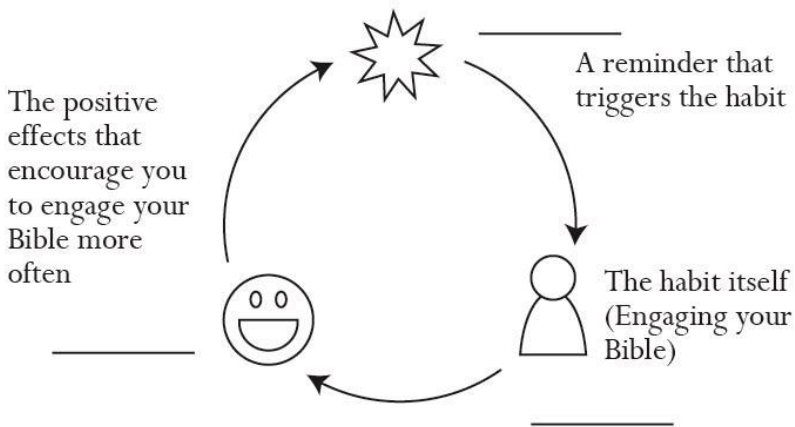


## LESSON FIVE

the power of habits

start this lesson by  
watching the video

FILL IN THE BLANKS IN THE DIAGRAM  
BELOW AS THEY ARE PRESENTED IN THE  
TEACHING.



### REFLECTION QUESTIONS

what cues might help trigger you to read your Bible throughout the day?



# hydrate challenge

## 1 PETER 3:1-22

As you hydrate today, read this passage once, twice or three times through. Read slowly, as if you are reading a message straight from God. Then pick the one verse that is most meaningful to you. Underline or highlight it. Then simply talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

## HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
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- corrected me
- other: \_\_\_\_\_



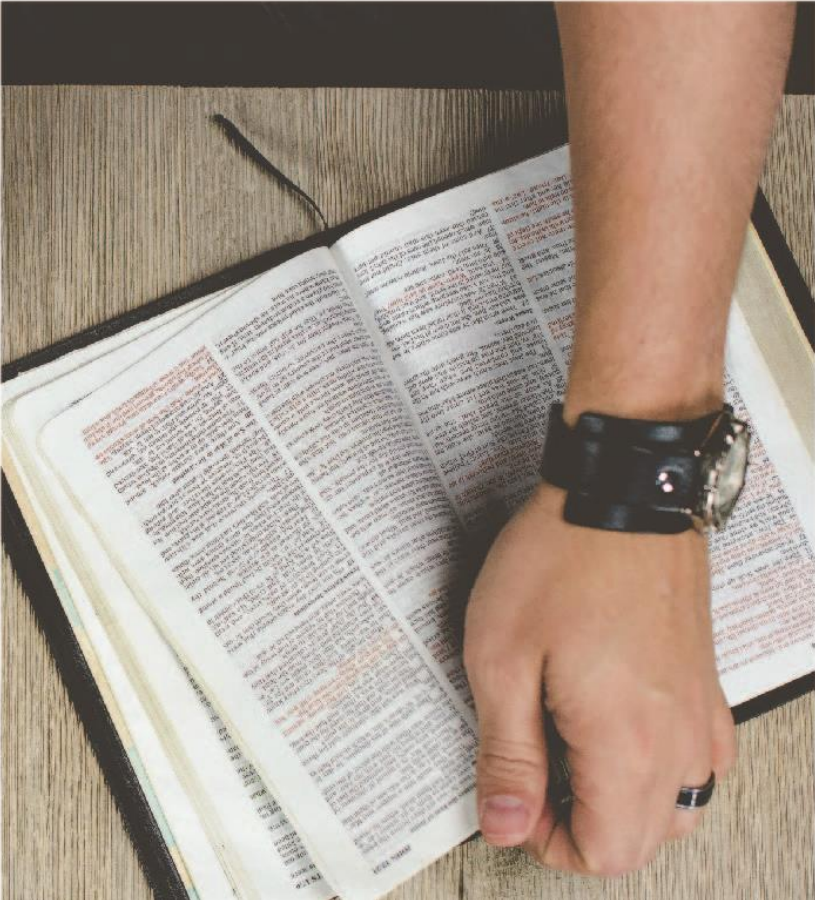
## LESSON SIX

the research

proves it

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**The research shows that people who stay spiritually hydrated feel better about themselves and their lives!**





**LESSON SIX**  
the research  
proves it

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**start this lesson by  
watching the video**

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**AS YOU LISTEN, WRITE DOWN ANY OF THE  
RESEARCH RESULTS AND FINDINGS THAT  
YOU FIND ESPECIALLY INTERESTING.**

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## LESSON SIX

the research  
proves it

### REFLECTION QUESTIONS

the research project referenced in the video shared several benefits experienced by people who engage their Bibles regularly. which was the most surprising to you?

which of the benefits described would you most like to experience in your own life?

To learn more about the research project, including other findings and benefits not discussed in the video, visit [www.centerforbibleengagement.org/research](http://www.centerforbibleengagement.org/research)





# hydrate challenge

## 1 PETER 4:1-19

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As you hydrate today, read this entire chapter once, twice or three times through. Read slowly, as if you are reading a message straight from God. Then pick the one verse that is most meaningful to you. Underline or highlight it. Then simply talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

### HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_



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## LESSON SEVEN

appointments  
with God

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When you make an  
appointment with  
God, He never  
no-shows!





## LESSON SEVEN

appointments  
with God

start this lesson by  
watching the video

### REFLECTION QUESTIONS

is the mental image of “time on the couch with God” inspiring and motivating to you? if not, what is a better image, that motivates you to spend time with God hearing from him?

**IN THE NEXT 7 DAYS, I WILL SCHEDULING  
THE FOLLOWING THREE APPOINTMENTS  
WITH GOD:**

**date**

**time**

**place**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# hydrate challenge

## 1 PETER 5:1-13

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As you hydrate today, read this entire chapter once, twice or three times through. Read slowly, as if you are reading a message straight from God. Then pick the one verse that is most meaningful to you. Underline or highlight it. Then simply talk to God about how you will live out what he has spoken to you.

which verse did you highlight or underline?

### HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_



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## LESSON EIGHT

let's study

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**God's Word refreshes the soul.**





**LESSON EIGHT**  
let's study

**start this lesson by  
watching the video**

**BIBLE STUDY**

Open your Bible or Bible app to Psalm 19 and read verses 7-14.  
Then answer each question below.

in verses 7-9, we see a pattern. God's Words (the "law," "statutes," etc.) are described ("perfect," "trustworthy," etc.), followed by one way that they benefit us. write out all five below:

**God's Word...is described...personal benefit**

The law of the LORD

perfect

refreshing the soul

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## LESSON EIGHT

let's study

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did you  
experience  
any of these  
benefits this week  
from your time  
with God?

how are God's  
words described in  
verse 10? in what  
way do you think  
this is true?

what additional  
benefits of hearing  
God's words are  
shared in 11-13?

what would it be  
like for you to  
regularly pray verse  
14 as your personal  
prayer to God?



# hydrate challenge

## PSALM 19:7-14

From these eight verses you have just studied, shift your attention away from understanding what they say to meditating on what God wants you to hear and do. *Which lines from these verses are you unable to get out of your head? God might be speaking to you, trying to get your attention about an area in your life.*

which verse did you highlight or underline?

## HOW DID THIS VERSE SPEAK TO YOU?

- taught me
- trained me
- rebuked me
- corrected me
- other: \_\_\_\_\_





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## LESSON NINE

getting personal  
with God

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**We have a personal  
relationship with God  
when we treat him like  
a person, not a force.**



## LESSON NINE

getting personal  
with God

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start this lesson by  
watching the video

**FILL IN THE  
BLANKS  
BELOW AS  
THEY ARE  
PRESENTED  
IN THE  
TEACHING**

According to one  
definition, a “person”  
is a being with a

\_\_\_\_\_ ,

\_\_\_\_\_

and

\_\_\_\_\_ .

To have a growing

\_\_\_\_\_ with God is to  
connect with God’s  
mind, emotions  
and will.





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## LESSON NINE

getting personal  
with God

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### REFLECTION QUESTIONS

which is easiest and hardest for you to engage with God: your mind, your heart, or your will?

how easy or difficult is it for you to see God as a person who desires to personally relate to you?

### HOW ARE YOU GROWING SO FAR FROM THIS COURSE?

Send Jason a quick message and tell him how you are hearing from God:

Text Message: 360.552.7794 email: [jason@ridgefieldnazarene.org](mailto:jason@ridgefieldnazarene.org)



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## LESSON NINE

getting personal  
with God

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Today we introduced another way to hear from God through a specific passage of Scripture. In this method, you **read the passage once and engage your mind** by asking questions, and maybe even looking up the answers to those questions to gain better understanding of the passage.



Then you **read the passage a second time and engage your heart and emotions**. What do you feel as you read? What do you sense that Jesus is saying directly to you?



Then you **read the passage a third time and engage your will and actions**. What is Jesus calling you to do? Is there one verse that is calling you to action?



You can complete these three readings in one sitting, or you can spread them out over three days. Remember, the goal is not to get through everything quickly, but to slowly listen for God. *Since this is your first time using this process, let's take one day for each of these steps.*



# hydrate challenge

2 PETER 1:1-21

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## *engage your mind*

As you slowly read this chapter, engage your mind and ask questions. What was being communicated to the people of the 1st Century? How would you paraphrase it? What questions does this chapter create for you? Write them below.

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## LESSON TEN

should Christians  
meditate?

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**We find peace not by emptying  
our minds but by filling our  
minds with God's Word and  
God's presence.**

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## LESSON TEN

should Christians  
meditate?

**start this lesson by  
watching the video**

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### REFLECTION QUESTIONS

what did you appreciate  
the most from Kathi's  
story?

how would you most  
like your story to  
match Kathi's story?



# hydrate challenge

2 PETER 2:1-21

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## *engage your heart*

Today is about listening. As you read the chapter, what emotions do you feel? Write them below.

What do you hear Jesus saying to you? Often God will impress a word or a phrase in your heart. What is your heart hearing? Write it below.

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## LESSON ELEVEN

responding in  
obedience



**An atheist does not believe in God. A practical atheist claims to believe but doesn't obey. In the end, there is not much difference between the two.**





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## LESSON ELEVEN

responding in  
obedience

**start this lesson by  
watching the video**

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### REFLECTION QUESTIONS

can you think of some areas in your life outside of your spiritual life where your knowledge outpaces your actions? (for instance, diet or exercise? others?)  
how do you feel about this behavioral gap?



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## LESSON ELEVEN

responding in  
obedience

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### REFLECTION QUESTIONS

think about your interests and hobbies outside of your spiritual life. what famous person would you love to have as your personal teacher, coach or mentor? what would that experience be like? how would you want yourself to respond when they give you advice or instruction?

we just read in Psalm 119:102 where the author says to God, “you yourself have taught me.” as you have been reading your Bible, are you seeing that God himself is teaching you? how does it feel to be taught by the God of the universe?



LESSON ELEVEN

responding in  
obedience

# hydrate challenge

2 PETER 1:1-21

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## *engage your will*

Today is about action. Is there one verse that that calls you to action?

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What is Jesus calling you to do? Write it below.

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When and where will you do it? Do you need to tell someone about this who can encourage you and keep you accountable?

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## LESSON TWELVE

what about Bible apps  
and other translations?



**The Words of the Bible are  
important – but obsession  
with the Words of the Bible  
can easily lead you to  
worship the Bible itself  
and miss out on the God  
who inspired it!**



## LESSON TWELVE

what about Bible apps  
and other translations?

**start this lesson by  
watching the video**

To learn more about Bible translation and the history of how we got our Bible, check out this Playlist:  
[bit.ly/RCNBibleHistory](https://bit.ly/RCNBibleHistory)

### REFLECTION QUESTIONS

when you read the first chapter of 2nd Peter, which was easiest and hardest for you to engage with God: your mind, your heart, or your will?



## LESSON TWELVE

what about Bible apps  
and other translations?



Today we are starting the **Mind-Heart-Will** reading process on the second chapter of 2nd Peter. In this method, you **read the passage once and engage your mind** by asking questions, and maybe even looking up the answers to those questions to gain better understanding of the passage.

Then you **read the passage a second time and engage your heart and emotions**. What do you feel as you read? What do you sense that Jesus is saying directly to you?

Then you **read the passage a third time and engage your will and actions**. What is Jesus calling you to do? Is there one verse that is calling you to action?

You can complete these three readings in one sitting, or you can spread them out over three days. *Since this is still new, let's take one day for each of these steps.*



# hydrate challenge

2 PETER 2:1-22

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## *engage your mind*

As you slowly read this chapter, engage your mind and ask questions. What was being communicated to the people of the 1st Century? How would you paraphrase it? What questions does this chapter create for you? Write them below.

For this chapter, here is an example of a thought-provoking question: Who might be modern-day false teachers?

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## LESSON THIRTEEN

God's autobiography



**I regularly need God to tell me his story to correct the other stories that I am tempted to believe.**



## LESSON THIRTEEN

God's autobiography

**start this lesson by  
watching the video**

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### AS YOU WATCH, FILL IN THE BLANKS BELOW

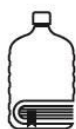
how do we know anything about God?

God reveals himself to us in \_\_\_\_\_.

God especially reveals himself to us through \_\_\_\_\_.

God reveals himself to us in his inspired \_\_\_\_\_,  
the Bible.





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## LESSON THIRTEEN

God's autobiography

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### REFLECTION QUESTIONS

what are the stories you tell yourself about yourself or your life that God might want to correct with his true story?

after you complete this course, what will be the greatest challenge you will face to continue the habit that you started?

what could cause this to go the way of other self-improvement projects?



# hydrate challenge

2 PETER 2:1-22

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## *engage your heart*

Today is about listening. As you read the chapter, what emotions do you feel? Write them below.

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What do you hear Jesus saying to you? Often God will impress a word or a phrase in your heart. What is your heart hearing? Write it below.

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## LESSON FOURTEEN

reading the Bible  
in community

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A photograph showing a person's hands holding an open Bible on a wooden table. The person is wearing a black watch and a ring. The Bible is open to a page with dense text. A dark, textured Bible cover is visible in the background.

**One of most important ways  
to make sure that your new  
habit lasts is to surround  
yourself with people who are  
also engaging that habit.**



## LESSON FOURTEEN

reading the Bible  
in community

**start this lesson by  
watching the video**

### AS YOU WATCH, FILL IN THE BLANKS BELOW

10 reasons to read your Bible in community  
with others

1. Your Bible was written \_\_\_\_\_ and \_\_\_\_\_ communities of Christ-followers.
2. Your Bible was \_\_\_\_\_ by Church leaders.
3. Your Bible was \_\_\_\_\_ by the Church.
4. Your Bible was \_\_\_\_\_ by committees commissioned by Christians.
5. A community can \_\_\_\_\_ your erroneous beliefs and interpretations.
6. A community can hold you \_\_\_\_\_ to action.
7. A community can be the \_\_\_\_\_ hands and \_\_\_\_\_ voice of God.
8. You can use your \_\_\_\_\_ \_\_\_\_\_ only in community.
9. Without community, the message of Jesus \_\_\_\_\_ in one generation.
10. Finally, you cannot obey Jesus and \_\_\_\_\_ community.



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## LESSON FOURTEEN

reading the Bible  
in community

### REFLECTION QUESTIONS

which of the ten reasons listed in the video encourages you the most to get in community and stay in community with other Christ-followers?

are you actively engaged in a community with other Christ-followers? if yes, are you giving and receiving from this community? if not, what will you do to find and engage community?



# hydrate challenge

2 PETER 2:1-22

*engage your will*

Today is about action. Is there one verse that that calls you to action?

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What is Jesus calling you to do? Write it below.

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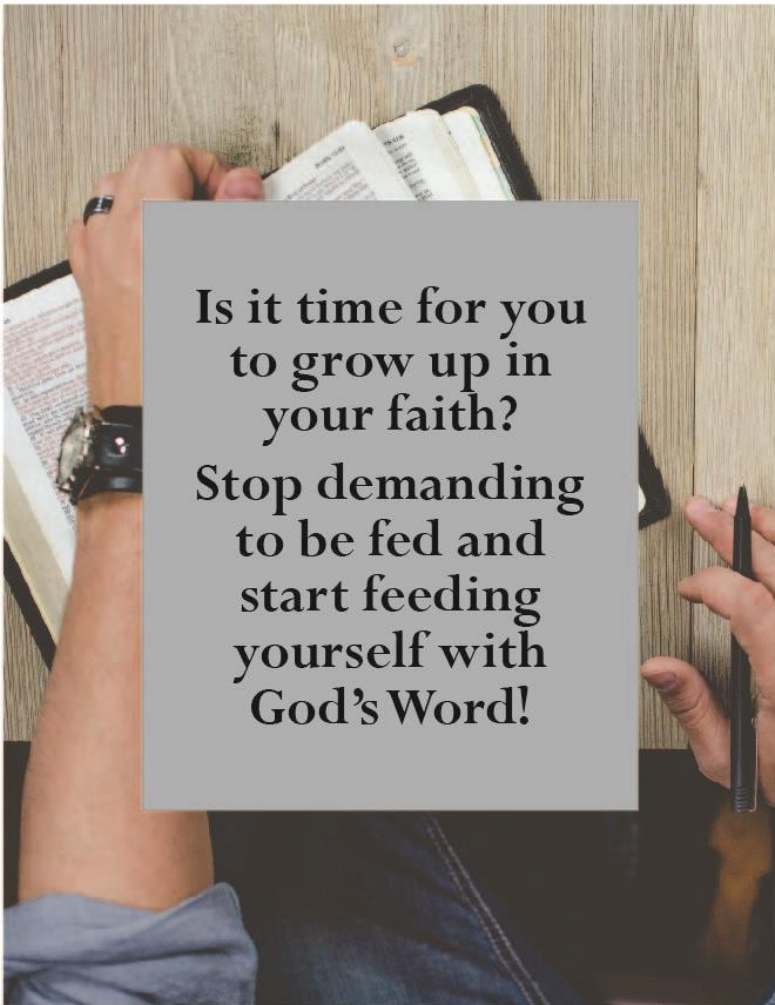
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## LESSON FIFTEEN

pick up a fork





## LESSON FIFTEEN

pick up a fork

start this lesson by  
watching the video

Hebrews 5:13-14 (NIV)

“

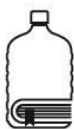
Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

”

### HOW HAVE YOU GROWN SO FAR FROM THIS COURSE?

Send Jason a quick message and tell him how you are hearing from God:

Text Message: 360.552.7794 email: [jason@ridgefieldnazarene.org](mailto:jason@ridgefieldnazarene.org)



## LESSON FIFTEEN

pick up a fork

### MY COMMITMENT TO STAY HYDRATED

I will Hydrate in God's Word \_\_\_\_\_ times every week.

The best days for me to Hydrate are: \_\_\_\_\_

\_\_\_\_\_

The best time of day for me to Hydrate is: \_\_\_\_\_

The best place for me to Hydrate is: \_\_\_\_\_

After completing 2 Peter, I will Hydrate in this book of the Bible: \_\_\_\_\_

*Suggestions: John, Galatians, Ephesians, Philippians*



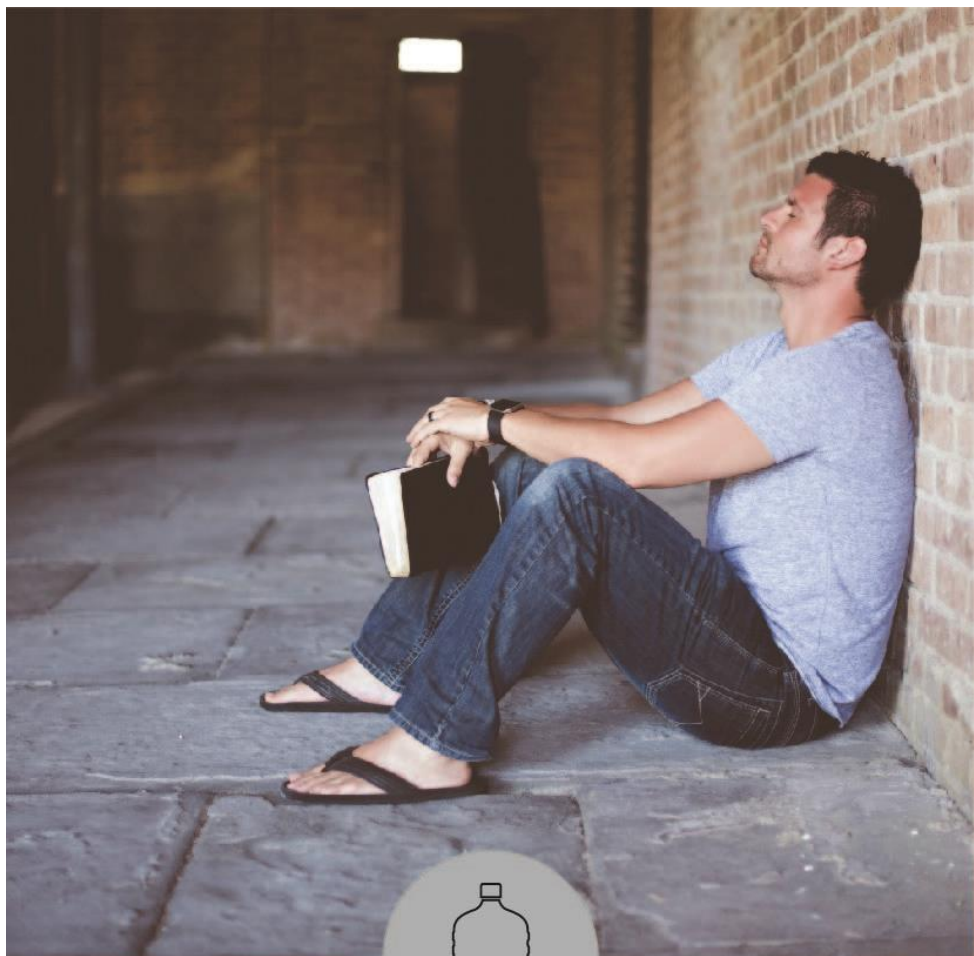
# hydrate challenge

## 2 PETER 3:1-18

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The choice is yours. What works best for you to hear from God? Read the chapter and highlight your favorite verse? Or read it in 3 days, reading with your mind, then with heart, then with will?

*You know how to do it! You choose!*



## **CONGRATULATIONS! YOU HAVE COMPLETED THE HYDRATE COURSE!**

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Remember, Hydrating is not about getting through it, reading all of it, or simply checking off a box. Hydrating is simply time with your Bible open to hear from God.



## **WILL YOU GIVE US SOME FEEDBACK?**

How has this course helped you  
grow closer to Jesus?

How can we improve this course?

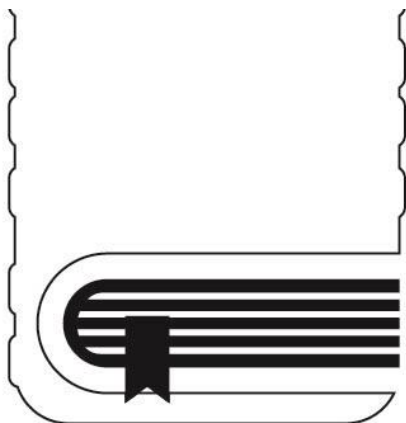
What would you want to take a  
course on now?

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Give us your address and **we will mail you a  
free vinyl Hydrate sticker** to put on your  
water bottle as your daily reminder to stay  
spiritually hydrated!!!

**EMAIL US AT  
OFFICE@RIDGEFIELDNAZARENE.ORG**





**THIS ONLINE COURSE HAS BEEN  
PRESENTED BY RIDGEFIELD  
CHURCH OF THE NAZARENE**

join us for a service this weekend and discover  
how you can live your full potential!



You can also find out more about all of our ministries and  
programs by visiting us online at

**[www.RidgeNaz.org](http://www.RidgeNaz.org)**

**RIDGEFIELD CHURCH OF THE NAZARENE**

747 Pioneer St. PO Box 118

Ridgefield, WA 98642

360.887.3576