

How to Start a Bible Study (When You Feel Overwhelmed)



If you're holding this guide, you've already taken the most important step. In the post *How to Start Studying the Bible (When You Feel Overwhelmed)*, we talked about why clarity matters more than intensity and why simple steps create lasting momentum. This resource puts that idea into practice. You don't need to finish everything at once or do it perfectly. Start with one short passage, read for meaning, and take one step you can actually live out today. That's it. Use the space provided, move at a pace that fits your life, and let consistency do what pressure never can.

Step 1: Choose a Passage: Pick a short section of Scripture you can read today.

John 1:1 – In the beginning was the Word, and the Word was with God, and the Word was God.

(This is a single verse, but it is rich enough to sit with slowly. You don't need more than this to begin.)

Step 2: Read for Meaning: Write one insight about God or people.

One thing this verse shows me is that Jesus did not begin at Christmas or even at creation. He existed from the beginning. The Word was not just near God, but was God. This tells me that Jesus is not an accessory to faith. He is central. Everything starts with Him.

Step 3: Respond: Write one small step you can take today.

Today, I will slow down and remind myself that my faith is rooted in who Jesus is, not in how well I perform. Before I rush into my day, I will acknowledge Him as Lord and center my attention on Him first.

Now It's Your Turn

Use the same three steps on the following pages. Read Psalm 23 and look for one clear insight. Take one small step you can actually live out today.

Read Psalm 23 in your preferred translation.

What do you notice about God in this psalm?

What does this psalm reveal about trust or dependence?

One response I can live out today:

Keep Going

What you started here matters. A relationship with God is built the same way any meaningful relationship is built: through regular, honest attention over time. You don't need to move faster or do more. Simply return again tomorrow and take another small step. If you'd like more free Bible studies, practice pages, and simple guides designed to help you stay consistent without feeling overwhelmed, visit **[InteractiveBibleStudies.net](https://www.interactivebiblestudies.net)**. Everything there is created to help you keep growing, one faithful step at a time.