



Lesson One: Introducing the Bible

BIBLE BOOK ABBREVIATIONS

OLD TESTAMENT

Genesis

- **Most common:** Gen.
- Ge.
- Gn.

Exodus

- **Most common:** Ex.
- Exod.
- Exo.

Leviticus

- **Most common:** Lev.
- Le.
- Lv.

Numbers

- **Most common:** Num.
- Nu.
- Nm.

Deuteronomy

- **Most common:** Deut.
- De.
- Dt.

Joshua

- **Most common:** Josh.
- Jos.

Judges

- **Most common:** Judg.
- Jdg.
- Jg.

Ruth

- **Most common:** Ruth
- Rth.
- Ru.

1 Samuel

- **Most common:** 1 Sam.
- 1 Sm.
- 1 Sa.
- 1 S.
- 1 Sam.
- 1 Sa.

2 Samuel

- **Most common:** 2 Sam.
- 2 Sm.
- 2 Sa.
- 2 S.
- II Sam.
- II Sa.
- 2Sam.

1 Kings

- **Most common:** 1 Kings
- 1 Kgs
- 1 Ki
- 1Kgs
- 1Kin
- 1 Kgs
- 1 Ki

2 Kings

- **Most common:** 2 Kings
- 2 Kgs.
- 2 Ki.
- 2Kgs.
- 2Kin.
- 2K.
- II Kgs.
- II Ki.

1 Chronicles

- **Most common:** 1 Chron.
- 1 Chr.
- 1 Ch.
- 1Chron.
- 1Ch.
- I Chron.
- I Chr.
- I Ch.

2 Chronicles

- **Most common:** 2 Chron.
- 2 Chr.
- 2 Ch.
- 2Chron.
- 2Chr.
- II Chron.
- II Chr.
- II Ch.

Ezra

- **Most common:** Ezra
- Ezz.
- Ez.

Nehemiah

- **Most common:** Neh.
- Ne.

Esther

- **Most common:** Est.
- Esth.
- Es.

Job

- **Most common:** Job
- Jb.

Psalms

- **Most common:** Ps.
- Psalm
- Psa.
- Pss.

Proverbs

- **Most common:** Prov
- Pro.
- Pr.

Ecclesiastes

- **Most common:** Eccles.
- Eccle.
- Ecc.
- Ec.

Song of Solomon

- **Most common:** Song
- Song of Songs
- SOS.

Isaiah

- **Most common:** Isa.
- Is.

Jeremiah

- **Most common:** Jer.
- Je.
- Jr.

Lamentations

- **Most common:** Lam.
- La.

Ezekiel

- **Most common:** Ezek.
- Eze.
- Ezk.

Daniel

- **Most common:** Dan.
- Dn.

Hosea

- **Most common:** Hos.
- Ho.

Joel

- **Most common:** Joel
- Jl.

Amos

- **Most common:** Amos
- Am.

Obadiah

- **Most common:** Obad.
- Ob.

Jonah

- **Most common:** Jonah
- Jon.

Micah

- **Most common:** Mic.
- Mc.

Nahum

- **Most common:** Nah.
- Na.

Habakkuk

- **Most common:** Hab.
- Hb.

Zephaniah

- **Most common:** Zeph.
- Zep.
- Zp.

Haggai

- **Most common:** Hag.
- Hg.

Zechariah

- **Most common:** Zech.
- Zec.
- Zc.

Malachi

- **Most common:** Mal.
- Ml.

NEW TESTAMENT

Matthew

- **Most common:** Matt.
- Mt.

Mark

- **Most common:** Mark
- Mrk
- Mk

Luke

- **Most common:** Luke
- Lk

John

- **Most common:** John
- Jn

Acts

- **Most common:** Acts
- Ac

Romans

- **Most common:** Rom.
- Ro.
- Rm.

1 Corinthians

- **Most common:** 1 Cor.
- 1 Co.
- I Cor.
- I Co.

2 Corinthians

- **Most common:** 2 Cor.
- 2 Co.
- II Cor.
- II Co.
- 2Cor.

Galatians

- **Most common:** Gal.
- Ga.

Ephesians

- **Most common:** Eph.
- Ephes.

Philippians

- **Most common:** Phil.
- Php.

Colossians

- **Most common:** Col.
- Co.

1 Thessalonians

- **Most common:** 1 Thess.
- 1 Thes.
- 1 Th.
- I Thess.
- I Th.
- 1Th.

2 Thessalonians

- **Most common:** 2 Thess.
- 2 Thes.
- 2 Th.
- II Thess.
- II Thes.
- II Th.

1 Timothy

- **Most common:** 1 Tim.
- 1 Ti.
- I Tim.
- I Ti.
- 1Tim.
- 1Ti.

2 Timothy

- **Most common:** 2 Tim.
- 2 Ti.
- II Timothy
- II Tim.
- II Ti.
- 2Tim.

Titus

- **Most common:** Titus
- Tit
- ti

Philemon

- **Most common:** Philem.
- Phm.

Hebrews

- **Most common:** Heb.

James

- **Most common:** James
- Jas
- Jm

1 Peter

- **Most common:** 1 Pet.
- 1 Pe.
- 1 Pt.
- I Pet.
- I Pt.
- 1 Pe.
- 1Pe.

2 Peter

- **Most common:** 2 Pet.
- 2 Pt.
- II Pet.
- II Pt.
- II Pe.
- 2Pet.
- 2Pt.

1 John

- **Most common:** 1 John
- 1 Jn.
- 1Jn.
- 1Jo.
- 1 Jn.

2 John

- **Most common:** 2 John
- 2 Jn.
- 2Jn.
- 2Jo.
- II Jn.

3 John

- **Most common:** 3 John
- 3 Jn.
- III Jn.

Jude

- **Most common:** Jude
- Jud.
- Jd.

Revelation

- **Most common:** Rev
- Re



Lesson Two: Reading the Bible



Lesson Three: Who Is God?



Lesson Four: Salvation



Lesson Five: New Life

NOTES



Spend at least 10 minutes a day praying each day this week. Don't worry about doing it "right".

Memory Verse: Philippians 2:13 (ESV) for it is God who works in you, both to will and to work for his good pleasure.

(NLT) For God is working in you, giving you the desire and the power to do what pleases him.



DISCUSS

How should we approach God in prayer?



REFLECT

How does what you've learned about prayer so far change your perspective?

Meditation

The Bible speaks about meditation in addition to prayer. Prayer and meditation are different in that prayer is direct communication with God while meditation is focused and deep thinking about the truths of God's word, His commands and promises (Ps. 119:48, 148) and His works (Ps. 77:12).

Our meditations are to be righteous ponderings on godly things (Ps. 19:14; Phil. 4:8).

Meditation in a Christian sense is not to empty the mind but rather to fix it on God, not to center our minds on ourselves but on God, not to erase the self but focus it on God, not to empty the mind but to set it on Him and His truth.

Part of meditating is what the Bible calls taking our thoughts captive, letting God bring our thinking back under His authority and exercising self-control over what we think.

II Corinthians 10:5

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

Along with taking our thoughts captive, the Bible says we keep our minds on the things of the Lord.

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.



REFLECT

What are common areas of thought that you need to have brought under submission?

The Lord has new things for you as you experience life with Him. Trust Him to do His work in your life and see what He has for you! In the next lesson we will talk about difficulties in our lives.



Lesson Six: Walking through Trials



Lesson Seven: Life in the Church



Lesson Eight: Reaching Out

