



K I N G D O M

HEALTH NOW

A GLOBAL TRIBE

DWELL

STUDY TO

SHOW

THYSELF

APPROVED

BEFORE YOU BEGIN

Maybe you've been here before.

You picked up a Bible plan and made it three days in. You highlighted verses that moved you, then forgot to go back. You meant to start fresh on Monday — and then Monday came and went, and so did the week.

Or maybe it's been longer than that. Maybe the silence between you and God has stretched so far that you're not sure how to find your way back in.

Or maybe you're here simply because something in you is hungry — and you know it.

Wherever you're starting from, you are welcome here.

This is not another reading plan designed to make you feel behind. DWELL is not about covering more ground — it's about going deeper into what's already true: that God is near, that His Word is alive, and that you were made for more than a surface-level faith.

You don't have to be consistent yet. You don't have to be caught up. You don't have to be okay.

You just have to be willing to show up.

That's enough to begin.

"Draw near to God, and He will draw near to you." — James 4:8

WHY WE DON'T JUST READ — WE DWELL IN THE WORD

In a world full of quick content and constant scrolling, it's easy to treat the Bible like just another thing to get through. But Scripture was never meant to be skimmed — it was meant to shape us. The Bible is not just information to consume; it's revelation from a living God who invites us into relationship.

God's Word isn't like any other book. It's alive (Hebrews 4:12). It teaches us how to live (2 Timothy 3:16–17). It gives us wisdom (Psalm 119:98), correction (Proverbs 3:11–12), and comfort (Psalm 119:50). But most of all, it leads us to know God — not just facts about Him, but Him.

That's why we don't want to just read the Bible. We want to dwell in it.

“LET THE WORD OF CHRIST DWELL IN YOU RICHLY...”
— COLOSSIANS 3:16

WHEN WE DWELL IN THE WORD:

- We're not rushing; we're remaining (John 15:4–5).
- We're not just checking a box; we're checking our hearts (Psalm 139:23–24).
- We're not studying to perform; we're studying to be transformed (Romans 12:2).
- We're not just hearing words; we're meeting the Word Himself (John 1:1–14).

God invites us to meditate on His Word — to pause, reflect, and return to it — day and night (Joshua 1:8, Psalm 1:2). This kind of study isn't about perfection; it's about rhythm. It's a daily rhythm of drawing near, discovering truth, and letting it change us from the inside out.

What If Bible Study Felt Like Relationship, Not Obligation?

Imagine if opening your Bible felt like sitting down with someone who loves you — because it is. Jesus said, “My sheep hear my voice, and I know them...” (John 10:27). The more time we spend in the Word, the more we learn to recognize His voice and walk with Him in our real, everyday lives.

This way of studying — intentionally, prayerfully, reflectively — helps us become not just people who read the Bible, but people who are rooted in it.

Let's build a rhythm that brings freedom, not pressure. That inspires worship, not just work. That helps us not just learn about God, but walk with Him.

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D

DRAW NEAR

RELATIONSHIP

BEGIN BY QUIETING YOUR HEART. INVITE THE HOLY SPIRIT. THIS ISN'T HOMEWORK — IT'S TIME WITH THE CREATOR. REFLECT ON WHY YOU'RE COMING TO THE WORD. PRAY PSALM 119:18: "OPEN MY EYES, THAT I MAY BEHOLD WONDROUS THINGS..."

W

WORD IN CONTEXT

UNDERSTANDING

READ THE PASSAGE SLOWLY. WHAT'S THE CONTEXT (HISTORICAL, LITERARY, BIBLICAL)? WHAT'S HAPPENING BEFORE AND AFTER? USE A STUDY BIBLE, COMMENTARY, OR EVEN A BIBLE APP WITH CROSS-REFERENCES.

E

ENGAGE & EXPLORE

OBSERVATION + QUESTIONS

WHAT STANDS OUT? WHAT'S CONFUSING? WHAT'S REPEATED OR EMPHASIZED? WRITE IT DOWN. JOURNAL YOUR HONEST THOUGHTS, NOT JUST "CHURCH ANSWERS." EXPLORE MEANING, NOT JUST APPLICATION.

L

LEARN BY HEART

MEMORIZE + MEDITATE

CHOOSE A VERSE OR PHRASE TO CARRY WITH YOU. THIS IS THE WORD BECOMING PART OF YOU. REPEAT IT. SHARE IT. PRAY IT. WRITE IT ON YOUR MIRROR. HIDE IT IN YOUR HEART (PSALM 119:11).

L

LIVE & LIFT

APPLICATION + WORSHIP + PRAYER

HOW MIGHT YOU LIVE THIS OUT TODAY? BUT MORE THAN "DOING," HOW DOES THIS INVITE YOU TO WORSHIP OR RESPOND IN PRAYER? LET SCRIPTURE LEAD YOU TO PRAISE, CONFESSION, AND SURRENDER. PRAY THE WORD. SING THE WORD. LIVE THE WORD.



K I N G D O M

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WHY NOW? WHY DWELL?

“THERE IS NO BETTER TIME THAN NOW.”

“LET US NOT GROW WEARY IN DOING GOOD, FOR IN DUE SEASON WE WILL REAP, IF WE DO NOT GIVE UP.” — GALATIANS 6:9

If you're holding this book, this method, or this moment — it's not an accident. God is always drawing near to His children, and He wants to draw near to you.

In a noisy world, full of distractions, disappointment, and disconnection, many people are searching for something real. Something solid. Something sacred.

The answer isn't just more motivation, more information, or more content. The answer is dwelling in the Word of God — consistently, honestly, and relationally.

“IF YOU SEEK HIM, HE WILL BE FOUND BY YOU...”
— 1 CHRONICLES 28:9

WHY NOW?

Because too many are surviving on spiritual scraps — scrolling through verses without sitting in the presence of the Living Word.

Because we were not created for shallow faith or passive religion — we were made for communion with God.

Because the world is full of lies, and we need truth that sets us free. Because the Word of God is not just a book — it's bread, light, fire, and sword (Matthew 4:4, Psalm 119:105, Jeremiah 20:9, Hebrews 4:12).

Because when you build your life on the Word, you will not fall (Matthew 7:24–25).

“IF YOU FIND THIS, YOU WERE MEANT TO.”

You are not here by chance. God is inviting you — not just to study Him, but to know Him. Not just to read words on a page, but to let those words read you, shape you, and restore you. Not just to fit the Bible into your life — but to center your life around it.



THIS IS A CALL TO RELATIONSHIP

God does not ask you to come perfectly. He asks you to come honestly. He doesn't demand performance. He desires presence.

The DWELL Method isn't about checking a box or earning approval. It's about finding a rhythm where the Word of God becomes your daily dwelling place — a source of wisdom, strength, identity, and worship.

“ABIDE IN ME, AND I IN YOU.”
— JOHN 15:4

If you're longing for something more — not more pressure, but more presence — this is your invitation.

Let the Word dwell in you richly.

Let it transform your thinking, renew your hope, and anchor your soul.

Let this season be the one where you finally go deeper.

Because in due season, you will reap — if you don't give up.



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OPTIONAL TOOLS TO SUPPORT DWELL

- **A BIBLE WITH CROSS-REFERENCES**
- **TRUSTED COMMENTARIES OR APPS (E.G.,
BIBLEPROJECT, BLUE LETTER BIBLE)**
- **A JOURNAL (OR DIGITAL NOTES)**
- **HIGHLIGHTERS AND STICKY TABS**
- **A MUSIC PLAYLIST FOR WORSHIP**
- **A “VERSE OF THE WEEK” CARD FOR
MEMORIZATION**



A SAMPLE FLOW (FOR A 15–30 MINUTE DAILY RHYTHM)

STEP	TIME	FOCUS
D — Draw Near	1–2 min	Light a candle, take a breath, pray, and pause
W — Word in Context	5–10 min	Read a passage slowly, note its placement in Scripture
E — Engage & Explore	5 min	Journal: What's going on? What questions do I have?
L — Learn by Heart	2–3 min	Pick one verse to memorize today or this week
L — Live & Lift	5–10 min	Respond in prayer or worship. Write one intention for the day

“YOU’RE NOT STUDYING THE BIBLE TO IMPRESS GOD — YOU’RE MEETING HIM THERE. THE WORD IS A DOOR, NOT A DUTY. LET IT LEAD YOU INTO THE ROOM WHERE LOVE, TRANSFORMATION, AND TRUTH HAPPEN.”

Sample Studies

Sample Study: Psalm 23

Before you begin, find a quiet place. Take a deep breath. Invite the Holy Spirit to speak. This is not a performance — it's presence.

D – Draw Near

Prompt:

“Why am I here today?”

“What do I need from God?”

“God, help me see You in Your Word.”

Prayer:

“Father, still my thoughts. Let me be present with You. Speak to me through this Psalm — not just for knowledge, but for relationship.”

Sit in stillness for 30–60 seconds. Take a few slow breaths.

W – Word in Context

Read: Psalm 23 (aloud if possible — slowly, reflectively)

Context Notes: Written by David, a shepherd-king who had experienced both great victory and deep valleys. A Psalm of trust and presence — not just provision. Hebrew poetry — full of metaphors, not a theological outline.

Tip: Re-read and note anything that surprises, comforts, or stirs you.

E – Engage & Explore

Ask:

- What stands out to me?
- What do I notice about God's character?
- Where do I see myself in this Psalm?
- What questions or tensions arise?

Journal Example:

“The phrase ‘He makes me lie down’ stood out. It feels forceful. Do I resist rest? Why would God need to make me rest? Maybe because I don't know how to stop...”

“Even when I walk through the valley — not if, but when. God doesn't avoid valleys — He walks with me in them. That comforts me more than escape.”

Sample Study: Psalm 23 (Cont.)

L – Learn by Heart

Pick one verse or phrase to memorize or carry through the day.
“The Lord is my shepherd; I shall not want.” — Psalm 23:1

Ideas to remember it:

- Write it on a sticky note or mirror.
- Repeat it while driving or walking.
- Turn it into a lock screen or phone background.
- Let it echo in your thoughts and heart throughout

L – Live & Lift

Now that you’ve dwelt in the Word — it’s time to let it dwell in you.
This step moves the passage from reflection to relationship — how it shapes your day, attitude, and worship.

Ask:

- What truth do I need to carry into today?
- How can I respond to God in worship, prayer, or obedience?
- Is there a way I can live this truth out practically?

Application Example:

“I can rest in the truth that I lack nothing. I don’t need to fill every quiet space or chase every answer — the Shepherd provides what I truly need. My role is to follow, not to fix.”

Prayer of Response:

“Good Shepherd, thank You for walking with me. Lead me beside quiet waters today — in my heart, in my relationships, in my mind. When I start to strive, remind me that You restore my soul. Teach me to trust Your leading, even through valleys I don’t understand. Amen.”

Worship Prompt:

Find a song or create a playlist that echoes the heart of this Psalm.

Suggestions:

- “Shepherd” – Amanda Cook
- “The Lord’s My Shepherd” – Stuart Townend
- “Goodness of God” – Bethel Music

Play it while journaling, driving, or winding down for the night — let it become a prayer in motion.

Sample Study: Psalm 23 (Cont.)

Final Reflection

Key Takeaway:

“I lack nothing — not because I have everything, but because I have Him.”

Reflection Journal:

- What part of this Psalm do I need to hold onto this week?
- Where do I sense God leading me to rest or trust Him more deeply?
- What does “goodness and mercy following me” look like in my real life?

Challenge:

Carry your chosen verse for seven days. Each morning, repeat it out loud before checking your phone or starting your tasks.

Let it reframe your day around the presence of the Shepherd.

The Lord Is My Shepherd



A Psalm of David.

23

[1] The Lord is my shepherd; I shall not want. [2] He makes me lie down in green pastures. He leads me beside still waters. [3] He restores my soul. He leads me in paths of righteousness for his name's sake. [4] Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. [5] You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. [6] Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Sample Study: John 15:1–11

Before you begin, find a quiet place. Take a deep breath. Invite the Holy Spirit to speak. This is not a performance — it's presence.

D – Draw Near

Prompt:

- Why am I here right now?
- Do I feel connected to God — or distant?
- What am I hoping to hear today?
-

Prayer:

“Jesus, You are the True Vine. Teach me what it means to abide in You — not just believe in You. Quiet my striving. Meet me here with Your voice and truth.”

Practice: Sit in stillness for 30–60 seconds. Notice what rises in your heart. Bring it before God without editing it.

W – Word in Context

Read: John 15:1–11 (aloud if possible — slowly, like a conversation)

Context Notes:

- Jesus is speaking to His disciples during the Last Supper, just before His arrest.
- He's preparing them for life without His physical presence.
- “Abide” is repeated 10 times in this short passage — it's central.
- The image of a vine and branches was familiar to Jewish audiences (Isaiah 5, Psalm 80).
- This is not a call to do more — but to remain connected.

Tip: Pause after reading. What phrase lingers in your mind?

E – Engage & Explore

Ask:

- What word or phrase stood out the most?
- What is Jesus really inviting His disciples (and me) into?
- Is there a part of me that struggles to “abide”?

Journal Example:

“Every branch in me that does not bear fruit He takes away... That feels harsh at first. But then I saw — this is about growth and pruning, not punishment. Pruning is love. God isn't cutting me off — He's cutting things back so I can grow.”

Sample Study: John 15:1–11 (Cont.)

“Apart from me you can do nothing.” I don’t live like I believe that. I often try to bear fruit out of pressure or fear. Jesus says fruit is the result of remaining, not effort.”

L – Learn by Heart

Pick one verse or phrase to carry with you today or this week:

“Abide in me, and I in you.” (John 15:4)

Ideas to remember it:

- Whisper it when you feel stressed or distant.
- Turn it into a breath prayer:
 - Inhale: “Abide in me...”
 - Exhale: “...and I in You.”
- Write it on a note card or create a phone lock screen with the verse.
- Create a simple visual — a vine and branch — to remind you.

L – Live & Lift

Application Prompt:

- Where in your life are you living disconnected from God — trying to “produce fruit” without His presence?
- What’s one daily rhythm or decision you can surrender to Jesus today?

Worship Response:

Find a worship song that reflects the message of abiding.

Suggestions:

- “*Abide*” — Kingdom Culture Worship
- “*Nothing I Hold Onto*” — Will Reagan
- “*I Surrender*” — Hillsong

Prayer of Response:

“Jesus, keep me connected. I don’t want to perform for You — I want to remain with You. Prune what needs to go. Grow what brings You glory. Let Your joy be in me, and let it overflow. Amen.”

Sample Study: John 15:1-11 (Cont.)

Final Reflection

Key Takeaway:

“Fruitfulness flows from connection, not perfection.”

Journal Prompt:

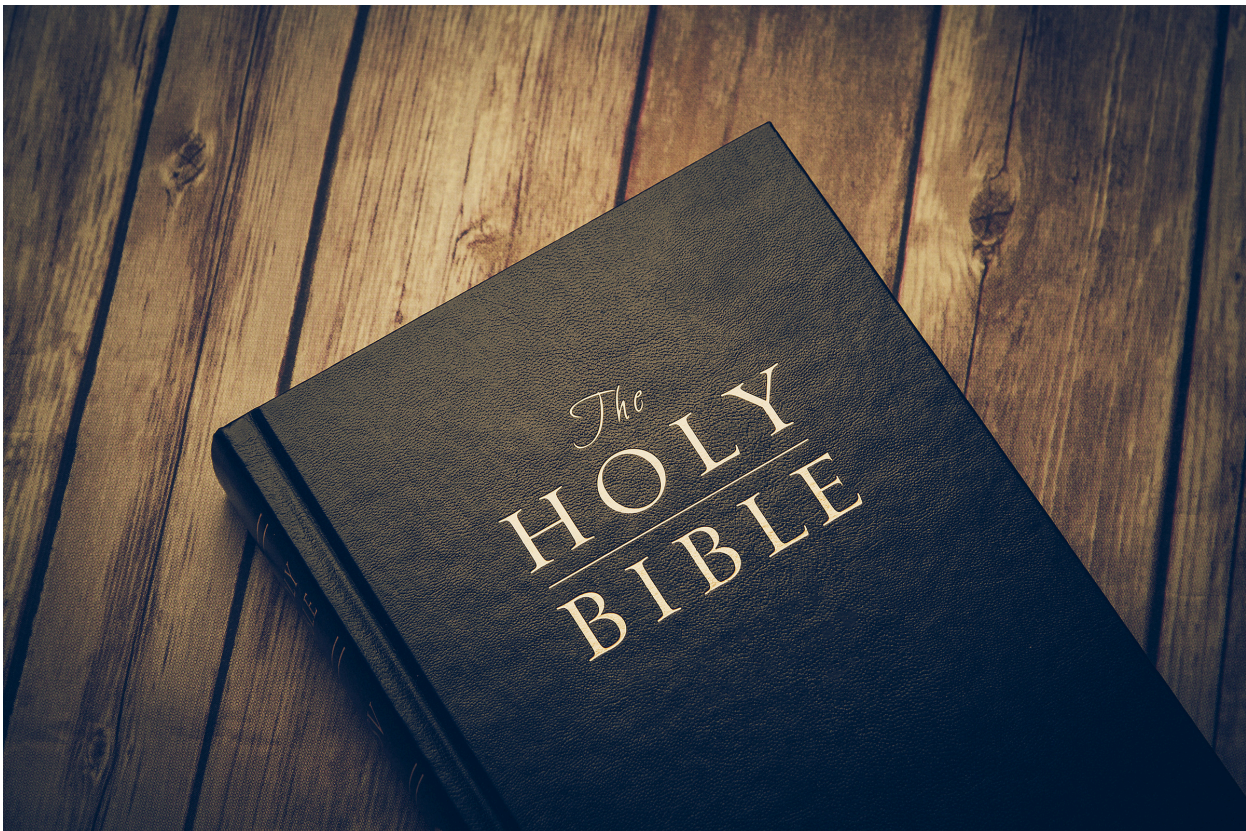
What would change if I truly lived like Jesus was my source?

What might God be pruning in this season — and how can I trust His love in it?

Challenge:

Each morning this week, pray:

“Lord, I abide in You. Help me remain connected — not just for what I can do, but because I’m loved.”



John 15



I Am the True Vine

[1] “I am the true vine, and my Father is the vinedresser. [2] Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. [3] Already you are clean because of the word that I have spoken to you. [4] Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. [5] I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. [6] If anyone does not abide in me, he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. [7] If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. [8] By this my Father is glorified, that you bear much fruit and so prove to be my disciples. [9] As the Father has loved me, so have I loved you. Abide in my love. [10] If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love. [11] These things I have spoken to you, that my joy may be in you, and that your joy may be full.

[12] “This is my commandment, that you love one another as I have loved you. [13] Greater love has no one than this, that someone lay down his life for his friends. [14] You are my friends if you do what I command you. [15] No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you. [16] You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, he may give it to you. [17] These things I command you, so that you will love one another.

John 15



The Hatred of the World

[18] “If the world hates you, know that it has hated me before it hated you.

[19] If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world,

therefore the world hates you. [20] Remember the word that I said to you:

‘A servant is not greater than his master.’ If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. [21] But

all these things they will do to you on account of my name, because they do not know him who sent me. [22] If I had not come and spoken to them, they would not have been guilty of sin, but now they have no excuse for

their sin. [23] Whoever hates me hates my Father also. [24] If I had not done among them the works that no one else did, they would not be guilty of sin,

but now they have seen and hated both me and my Father. [25] But the word that is written in their Law must be fulfilled: ‘They hated me without a cause.’

[26] “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about

me. [27] And you also will bear witness, because you have been with me from the beginning. (ESV)

DWELL as a Lifestyle

WHY RHYTHM MATTERS

Most of us don't struggle with intention — we want to grow in our faith. We struggle with consistency. Not because we don't care, but because we're distracted, overwhelmed, or unsure how to start.

That's why DWELL is not just a study method — it's a lifestyle of spiritual rootedness.

“BLESSED IS THE ONE... WHOSE DELIGHT IS IN THE LAW OF THE LORD, AND WHO MEDITATES ON HIS LAW DAY AND NIGHT.”

— PSALM 1:1-2

KEY PRINCIPLES OF A DWELL LIFESTYLE

1. Small, Consistent Moments > Big, Rare Ones

You don't need an hour every morning. Even 10 minutes of presence with God is powerful. Faith is formed in small, sacred moments done consistently.

2. Grace-Filled, Not Guilt-Driven

Missed a day? Fell asleep? Got distracted? Don't quit. Don't start over. Just start again. God is not disappointed — He's delighted when you return.

3. The Goal is Relationship, Not Results

You're not trying to “finish the Bible” — you're trying to follow Jesus. The Word is the means of connection, not a test of performance.



HOW TO BUILD YOUR DWELL RHYTHM

DAILY RHYTHM (10–30 MINUTES)

TIME FOCUS

1–2 min Draw Near (prayer, stillness, breath)

5–10 min Read & Reflect (Word in Context + Engage)

5 min Journal & Memorize (Learn by Heart)

5–10 min Pray & Worship (Live & Lift)

TIPS:

- Choose a consistent time (morning, commute, lunch, before bed).
- Keep tools nearby (Bible, journal, pen, phone with playlist).
- Remove distractions (silence your phone or use airplane mode).
- Light a candle or have a physical reminder of sacred space.

WEEKLY RHYTHM (30–60 MINUTES)

TAKE ONE DAY PER WEEK FOR DEEPER REFLECTION:

- Revisit a favorite passage from the week.
- Review what God's been showing you.
- Reflect: What fruit is growing in your life?
- Take time for extended journaling, Sabbath rest, or a worship walk.
- Consider praying with a friend or sharing what you're learning.

MONTHLY CHECK-IN

END EACH MONTH WITH A SPIRITUAL INVENTORY:

REFLECTION PROMPTS:

- What verse or truth shaped me this month?
- Where did I struggle to remain rooted?
- What is God pruning or growing in me?
- How is my prayer life changing?
- What's one thing I want to carry into next month?

OPTIONAL PRACTICE:

Write a short Psalm of your own — a prayer, poem, or declaration from what you've learned.



HELPFUL TOOLS TO SUPPORT THE LIFESTYLE

TOOL	PURPOSE
DWELL JOURNAL	KEEP TRACK OF SCRIPTURE, PRAYERS, GROWTH
BIBLE APP WITH READING PLAN	HELPS GUIDE YOUR READING
WORSHIP PLAYLIST	SETS THE TONE (CREATE YOUR OWN OR USE PRE-MADE)
VERSE CARDS OR POST-ITS	MEMORIZATION, ENCOURAGEMENT
TIMER APP OR FOCUS MODE	HELPS YOU STAY PRESENT

PERMISSION TO GROW SLOWLY

You don't have to master this. Let the rhythm form you, not the other way around.

“He is like a tree planted by streams of water, which yields its fruit in season...”
— Psalm 1:3

There will be seasons when the Word feels alive — and seasons when it feels distant. Don't rush either. God is present in both. Just keep showing up. Stay rooted. You will reap — in due season.



You were made to dwell.

Not to perform. Not to keep up. To remain.
To abide. To be rooted.

The Word is not waiting for you to be ready.
It is waiting for you to arrive.

So come as you are. Come consistently.
Come back when you've been away.

He will meet you there — every time.

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