

the Rich method

A BIBLE STUDY GUIDE JOURNAL

A JOURNAL FOR YOUNG WOMEN WHO ARE
SEEKING A DEEPER UNDERSTANDING OF
SCRIPTURE

What is *the Rich method*?

The RICH Method is built around four simple steps: *Read, Image, Connect, and Help*. Each one slows the pace, and helps you stay present with the passage instead of rushing through it.

R – Read

I – Image

C – Connect

H – Help

R – Read

Start by reading the passage slowly and paying attention to the actual words in front of you.

Notice the basics first: who is speaking, what is happening, and what the message seems to be on the surface. This step is about understanding the passage at face value before jumping to interpretation. It helps you see what is truly being said and not just what you assume is there. If needed, read it a few times or even out loud to really let the words sink in.

I – Image

Take a moment to picture the scene in your mind.

Imagine the setting, the people involved, and the atmosphere of the moment. Ask yourself what you see, hear, or feel as you visualise it. This step helps the passage move from something far away to something you can almost stand inside of. It makes the text more real and helps your heart connect with it more. Ask the Holy Spirit to for help with this.

C – Connect

This step is about noticing where the passage meets your everyday life.

As you read, pay attention to anything that points toward an area you may need to grow in or pay more attention to. Maybe the passage highlights something that needs strengthening, changing, or softening in you.

What is *the Rich* method?

The goal isn't to force a meaning but to let Scripture speak into your real circumstances. When you connect what you read to your actual life, it becomes something you can now live out, instead of merely something you've read that day.

H - Help

This step is about noticing where you'll need God's strength or direction as you respond to what you've read.

When a passage highlights something important, think about what support you'll need to actually live it out. Maybe it's clarity, consistency, courage, or a shift in attitude. This step keeps you aware that you're not expected to grow on your own. You recognise where you need God to work in you, so the passage can make a real difference in your life.

Reflection Prompt & Today's Prayer

You'll also notice a reflection prompt halfway through the method and a prayer point at the end. They're completely optional.

The reflection prompt gives you space to jot down anything on your mind as you read, and the prayer point is there to help you bring your thoughts and hopes together before you finish your Bible reading session.



example of *the Rich method* in practice:

"Trust in the Lord with all your heart and lean not on your own understanding."
— Proverbs 3:5

R - Read

After reading the passage a few times what jumps out at me is that it's telling me to trust God fully and not just halfway. It also says to lean not on my own understanding. To me this is a really simple passage but it's asking a lot. The phrase "all your heart" catches my attention because I realise that I do trust God but often only in certain areas. There are other parts of my life that I still try to manage and control myself. It feels like an invitation to loosen my grip and allow God to handle what I keep trying to carry on my own.

I - Image

When I sit with the word "lean," I picture someone putting their weight onto something because they believe it will hold them up.

It makes me think about how often I carry things myself instead of resting them on God. Almost like I say I trust Him, but I'm still bracing myself just in case. That image makes it more personal. It shows me that trust is active and ongoing and I need to continue to place my weight on God.

C - Connect

I can connect this passage to my own life because there are things right now that I keep trying to work out in my head. I go over them again and again, trying to feel more certain. This verse calls me out on that. It makes me ask whether I'm actually trusting God or just trying to feel in control. I also feel like I say I trust Him but then continue to ruminate over certain things in my head. I need to remind myself that trusting God means accepting that He can work things out, even when I can't see how.

H - Help

I need God to help me release control. I can see that I say I trust Him, but I still hold on tightly to the things that make me feel uncertain. I want Him to soften that instinct in me - the need to figure everything out before I can rest.

I need His help to actually place my weight on Him and not just say that I do. I want Him to grow real trust in me, the kind that doesn't panic when I don't have all the answers.

Today's Prayer

Lord, You see the areas where I'm still trying to stay in control. Help me trust You fully, not just in the easy parts. Teach me to lean on You instead of my own understanding.

how to use *this journal...*

This journal is meant to be a quiet help as you read the Bible, something that supports you and gives you a simple way to stay focused and grow closer to God.

Over the next **6 weeks**, you'll move through a set of weekly themes that help you slow down and think about God is teaching you.

Each week looks at one topic such as God's love, Identity, the Holy Spirit, a Life rooted in Christ and much more. These are things we all walk through in our faith and spending a week on each one gives you time to really understand it and see how it speaks into your life.

Each topic lasts seven days. For the first six days, you'll read a Bible passage and use the RICH prompts to work through it. The seventh day is a rest day. It's there for you to slow down, look back on the week and notice anything that stood out or anything you feel God may have been showing you.

6-week Bible Study Guide Topics:

Week 1 - God's Love

Week 2 - Identity

Week 3- The Holy Spirit

Week 4 - Fruit of the Spirit

Week 5 - Finding Fulfilment

Week 6 - A Life Rooted in Christ

As you start your 6-week journey, I invite you to take your time with it. There's no pressure to be perfect every day or to fill up the pages just because you think you should. That's not the goal. The goal is to spend a little time with God, to learn to hear His voice in Scripture and to stay open to what He may show you.

All you need is your Bible, this journal and a pen. If you can, find a quiet spot and take a moment to settle your mind before you begin. As the weeks go on, the RICH prompts will feel easier to use and you'll start to notice God's voice more clearly as you read.

When you're ready, turn the page and begin **Week 1**.

W E E K 1

G O D ' S L O V E

WEEK 1 - GOD'S LOVE

DAILY READINGS

Day 1 - Romans 8:31-39

Day 2 - John 3:16 - 21

Day 3 - 1 John 4:7-19

Day 4 - Psalm 103

Day 5 - Isaiah 43:1-7

Day 6 - Ephesians 1:3-14

Day 7 - Reflection, prayer, journaling,
and rest

W E E K 2

I D E N T I T Y

i d e n t i t y

It's no surprise that so many of us have felt lost in our youth, especially given the times we live in today.

Being young and trying to figure out who we are and where we fit into this world is hard enough on its own, even without the added pressure of social media. And living alongside apps like Instagram and TikTok means we're constantly experiencing comparison - whether it's with close friends, family or complete strangers altogether.

When we pause to think about how unnatural this really is, it's easy to see why it's had such a damaging effect on how we see ourselves.

I think we need to be reminded that measuring how well someone's life is going based on their appearance, achievements, success, or relationships isn't normal and it's never a full or accurate picture of who someone truly is. Yet so much of the world still encourages us to build our identity on these very things.

How can we find peace within ourselves when our whole identity is rooted in things that can change at any moment? The truth is that we can't. There's no lasting peace to be found in anything superficial... But there is peace to be found in relationship with Jesus. None of this matters to Him or defines anyone's true worth. In fact, He encourages us to let go of the labels we've attached to ourselves, and the labels others have spoken over us throughout the years, because it's not our true identity. It's only a reflection of what's visible on the surface, and we can find relief in knowing that Jesus sees past all of that noise and sees our hearts.

In **1 Samuel 16:7**, it says, "People look at the outward appearance, but the Lord looks at the heart." While people may judge by what they see on the outside, God looks past that. And the same is true for us. Who we are isn't shaped by what others see or by what we've done. Our identity comes from God, the One who calls us His children.

Scripture tells us that we are loved, chosen, forgiven and deeply valued so choose to let God's words define you instead, and from there, discover who you truly are as His sons or daughters.

WEEK 2 - IDENTITY

DAILY READINGS

Day 1 - Genesis 1:26 - 31

Day 2 - Isaiah 43:1 - 7

Day 3 - Ephesians 1:3 - 14

Day 4 - 2 Corinthians 5:14 - 21

Day 5 - Romans 8:14 - 17

Day 6 - 1 Peter 2:4-12

Day 7 - Reflection, prayer, journaling,
and rest

W E E K 3

T H E H O L Y S P I R I T

WEEK 3 - THE HOLY SPIRIT

DAILY READINGS

Day 1 - John 14:15 - 27

Day 2 - Romans 8:14 - 27

Day 3 - John 16:5 - 15

Day 4 - Galatians 5:13 - 26

Day 5 - 1 Corinthians 12:4 - 13

Day 6 - Acts 2:1 - 21

Day 7 - Reflection, prayer, journaling,
and rest

W E E K 4

T H E F R U I T O F T H E S P I R I T

fruit of the spirit

As Christians, we're called to love God and to love our neighbours as ourselves.

This is a clear and simple message that we can hold onto, but the reality of loving others consistently is a lot more complex than it sounds. If we're being honest, it's probably one of the hardest things we can do as human beings. None of us are perfect and we all have our flaws and weaknesses. So being kind, patient and gentle towards others, especially when we feel like they don't deserve it, doesn't always come easily.

This is why so many of us who have been hurt in life can end up using pride, selfishness, or even greed as a form of protection from the world. After experiencing enough pain, some people start to wonder whether there's any point in continuing to be good when they've dealt with so much of the opposite. But while these traits may have been developed through hurts or disappointments in life, they don't have to define who we are. Our wounds can explain parts of our journey, but God never intended for them to define our character.

The truth is, we can change our behaviour for a while but changing our hearts is something only Jesus can do, and the transformation of the heart is what the Bible calls the fruit of the Spirit.

In **Galatians 5:22-23**, Paul describes the fruit of the Spirit as "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." These are the qualities that begin to grow in us when we walk closely with Jesus and allow the Holy Spirit to work within us. They aren't traits that we force through our determination, but evidence of God's transforming work in our hearts.

And of course, there'll be times where we might feel like nothing is changing or that we're still struggling with the same things we've always struggled with, but that doesn't mean that God isn't working.

The Holy Spirit often works on us in the background, gently moulding us layer by layer. We only begin to notice the difference when we look back on our journey and see how far we've come.

WEEK 4 - FRUIT OF THE SPIRIT

DAILY READINGS

Day 1 - John 15:1 - 17

Day 2 - 1 Corinthians 13:1 - 13

Day 3 - Philippians 4:4 - 9

Day 4 - Luke 10:25 - 37

Day 5 - Matthew 25:14 - 30

Day 6 - Galatians 5:13 - 26

Day 7 - Reflection, prayer, journaling,
and rest

W E E K 5

FINDING FULFILMENT

finding fulfilment

Why is it that even when we get what we want, it doesn't fully satisfy us in the way we imagined it would?

It can be very easy to fall into the trap of always waiting for something and believing that when we finally get there, this is when we'll feel happy, accomplished or fulfilled. It may feel like this sometimes because life is often full of things to look forward to. Whether it's a promotion at work, a new car, an upcoming holiday, a relationship - it feels good to set our eyes on the future.

However, how many times have we reached that point in the future, achieved the thing we were working towards and then still not feel as fulfilled as we thought we would? It feels good for a moment but it's not long before our minds are moving onto the next thing.

Maybe this is so, because we're expecting something temporary to give us something lasting and the issue was never that we hadn't found the right thing yet, we were just looking for fulfilment in the wrong places. Everything we tend to build our lives around such as career, relationships, accomplishments, are all good things but they can never fill us up in the way we need them to.

This is why we find ourselves constantly searching for something more.

In the **Gospel of John**, Jesus meets a Samaritan woman at the well. She has come looking for water, a task she has carried out almost everyday of her life. In this ordinary moment, Jesus speaks to a deeper and more spiritual thirst within her. He says, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst" (**John 4:13-14**). In saying this, He's showing us that no matter what we reach for in this world, it won't fully satisfy us because it was never meant to. Real fulfilment is found in staying close to Jesus, who alone can satisfy what nothing else can.

In **John 10:10**, we can see that Jesus wants to give us true life, "I have come that they may have life, and have it to the full." And we can begin to rest in this moment, knowing that our search for happiness and fulfilment can be placed at the feet of Jesus.

WEEK 5 - FINDING FULFILMENT

DAILY READINGS

Day 1 - Ecclesiastes 2:1 - 11

Day 2 - John 4:4 - 26

Day 3 - Philippians 3:4 - 14

Day 4 - Matthew 6:25 - 34

Day 5 - John 15:9 - 17

Day 6 - John 10:1 - 18

Day 7 - Reflection, prayer, journaling,
and rest

W E E K 6

A L I F E R O O T E D I N C H R I S T

a life rooted in Christ

To live a life rooted in Christ is, at its heart, to live a life rooted in God's love.

As human beings, we definitely have a tendency to overcomplicate things, and when it comes to our faith we're no different. Yet at its heart, Jesus invites us into something beautifully simple: a life rooted in Christ begins with a life surrendered to Him.

Although this sounds simple in theory, for many of us it can feel like an enormous ask—maybe even an impossible one. How do we let go of the need to control every aspect of our lives and place it into God's hands? Truthfully, it goes against almost everything the world has taught us from a very young age. Since we can remember, we've been encouraged to rely on ourselves, make our own way in the world, and believe that our happiness depends on how well we can manage our lives. So surrender, for many of us, feels completely unnatural.

This is why I mentioned God's love at the very beginning. It's important to remember that Jesus doesn't ask us to transform ourselves before coming to Him. Instead, He simply invites us to remain close to Him and to rest in His love. As we do, He gradually begins to change our hearts, and everything else begins to flow from that place.

In John 15, Jesus says, "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine."

I love this picture because a branch doesn't try to produce fruit. It simply remains connected to the vine. In the same way, Jesus doesn't ask us to strive to become more like Him. He simply asks us to remain close to Him. As we spend time with Him through prayer, reading His Word, and walking with Him each day, He slowly transforms us from the inside out.

So perhaps living a life rooted in Christ is simpler than we often make it. Stay close to Jesus, rest in His love, and trust Him to do the transforming.

I encourage you today: take time to be with Jesus. Carve out moments to sit quietly at His feet, to listen, and to rest in His presence. Stay connected to the true Vine, and trust that, in His perfect timing, He will produce the fruit.

WEEK 6 - A LIFE ROOTED IN CHRIST

DAILY READINGS

Day 1 - Colossians 2:16 - 15

Day 2 - Matthew 7:21 - 29

Day 3 - John 15:1 - 17

Day 4 - Jeremiah 17:5 - 8

Day 5 - Colossians 3:1 - 17

Day 6 - Luke 10:38 - 42

Day 7 - Reflection, prayer, journaling,
and rest



DATE:

SCRIPTURE:

R - Read

I - Image

Reflection Prompt:

C - Connect

H - Help

Today's Prayer:

DATE:

SCRIPTURE:

R - Read

I - Image

Reflection Prompt:

C - Connect

H - Help

Today's Prayer:

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