

HOW TO DO AN FLQA BIBLE STUDY

1. Pray and ask God to teach you and show you what is true.
2. Read the verse and the surrounding chapter.
Sample Verse: *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you”* (Eph. 4:32).
3. Write the facts from the verse in the column labeled “FACTS.”

FACT	LESSON	QUESTION	ACTION
<p>Be kind and compassionate to one another.</p> <p>Forgive each other.</p> <p>Forgive just as in Christ God forgave you.</p>			

4. In the LESSON column, write out the lessons that the facts teach you. Do this for all the facts listed.

FACT	LESSON	QUESTION	ACTION
<p>Be kind and compassionate to one another.</p> <p>Forgive each other.</p> <p>Forgive just as in Christ God forgave you.</p>	<p>God tells me to be kind.</p> <p>He also tells me to be compassionate.</p> <p>I am to be kind and compassionate to other believers.</p> <p>We are to forgive each other.</p> <p>Forgiveness is the only option God gives me when I've been hurt by someone.</p> <p>I am to forgive just as Jesus has me.</p> <p>I am not just to forgive in my own strength, but need God's help to completely forgive as He has me.</p>		

5. In the QUESTION column, write questions to ask yourself based on each lesson point.

FACT	LESSON	QUESTION	ACTION
<p>Be kind and compassionate to one another.</p> <p>Forgive each other.</p>	<p>God tells me to be kind.</p> <p>He also tells me to be compassionate.</p> <p>I am to be kind and compassionate to other believers.</p> <p>We are to forgive each other.</p> <p>Forgiveness is the only option</p>	<p>Who am I not kind to? Why?</p> <p>What prevents me from being kind?</p> <p>What attitude has replaced compassion in me?</p> <p>What Christians do I lack kindness and compassion for?</p> <p>Who do I hold unforgiveness toward and for what?</p> <p>What was their offense I chose not to forgive?</p>	

<p>Forgive just as in Christ God forgave you.</p>	<p>God gives me when I've been hurt by someone.</p> <p>I am to forgive just as Jesus has me.</p> <p>I am not just to forgive in my own strength, but need God's help to completely forgive as He has me.</p>	<p>What have I chosen to do instead of forgive?</p> <p>How did God forgive me in Christ?</p> <p>How has my attitude toward them fallen short of God's standards of forgiveness?</p> <p>Have I offered a lesser forgiveness? How?</p>	
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6. For the ACTION column, list actions you could put in place in your life based on the questions you just asked.

FACT	LESSON	QUESTION	ACTION
<p>Be kind and compassionate to one another.</p> <p>Forgive each other.</p> <p>Forgive just as in Christ God forgave you.</p>	<p>God tells me to be kind.</p> <p>He also tells me to be compassionate.</p> <p>I am to be kind and compassionate to other believers.</p> <p>We are to forgive each other.</p> <p>Forgiveness is the only option God gives me when I've been hurt by someone.</p> <p>I am to forgive just as Jesus has me.</p> <p>I am not just to forgive in my own strength, but need God's help to completely forgive as He has me.</p>	<p>Who am I not kind to? Why?</p> <p>What prevents me from being kind?</p> <p>What attitude has replaced compassion in me?</p> <p>What Christians do I lack kindness and compassion for?</p> <p>Who do I hold unforgiveness toward and for what?</p> <p>What was their offense I chose not to forgive?</p> <p>What have I chosen to do instead of forgive?</p> <p>How did God forgive me in Christ?</p> <p>How has my attitude toward them fallen short of God's standards of forgiveness?</p> <p>Have I offered a lesser forgiveness? How?</p>	<p>I will study selfishness with the goal of removing it!</p> <p>I will go to (insert name) and bless them.</p> <p>Apathy. I will NOT allow this attitude to remain. I will confess it, and leave it behind.</p> <p>I will go to (insert name) and apologize.</p> <p>I will forgive their rudeness and offense.</p> <p>I will pray for them.</p> <p>I will ignore them no more. I will not avoid them but will seek them out.</p> <p>I will sacrifice my pride and say, "I am sorry."</p> <p>I will ask God to change my heart and give me total forgiveness for (insert name) until I possess it.</p>

7. Pick at least one action step. Commit to follow through with it for a week. Journal your results.