



# **DAD TIRED**

— *Guide to* —  
**BASIC BIBLE STUDY**

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# **BASIC BIBLE STUDY**

**JERRAD LOPES**



**HARVEST HOUSE PUBLISHERS**  
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### **The Dad Tired Guide to Basic Bible Study**

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## DAD TIRED BASICS to Studying GOD'S WORD

**T**his past year, Leila and I took on the dreaded task of moving homes. In some ways, moving into a new house is exciting... that is, until you actually start lifting boxes and realize how stressful it is to pack and unpack years' worth of belongings. Am I the only dad who wants to throw away every single toy my kid owns?

One of the things we were searching for in a new home was a bigger yard so the kids could get outside and play. It's important for us not to have our kids staring at screens all day, and we wanted to make sure they had a big yard where they could explore. After months of exhausting house-hunting and the painstaking process of being approved for a home loan, we finally found a place where we could settle in and put down roots. The main selling point of this particular home was the beautiful, oversized yard surrounded by arborvitae trees that provided shade and privacy.

Just days after we had closed on the home, we had some friends over for pizza. We were anxious to show off our new place.

"Check out the backyard!" I said to my buddy with a bit of a chip on my shoulder. I had never owned a home with such a nice yard,

and I was pretty excited to flaunt my newly acquired outdoor kingdom.

As soon as we walked out the back door, he asked, “What’s up with the dead tree?”

“Dead tree?” I responded, a little taken aback.

“Yeah, you’ve got a dead arborvitae over there.”

Apparently I had still been in the honeymoon phase of the house-buying process and didn’t even notice the completely lifeless tree looking so pathetic in the long row of beautiful, healthy arborvitae.

“Yikes, I’ll have to take care of that,” I said sheepishly.

Dead trees have a way of sticking out, especially when they are so close to healthy ones.

Listen to what the writer of Psalm 1 says:

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night.

He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away (verses 1-4).

Last week, one of the guys in our Dad Tired Family Leadership Program admitted that he feels like his life has no intentionality, that he just goes “wherever the wind blows.”

I so appreciated his honesty. I mean, come on—how many guys can relate to that? Many of us men are running on fumes, just trying to survive the week.

Think about your own life for a minute. Would you say you're like a healthy tree that's producing good fruit, or more like the dead arborvitae in my backyard, desperately in need of some life-giving care?

I have good news for you, friend. Well, actually, Jesus has some good news for you:

Whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life (John 4:14).

Here's the thing. Your tired soul doesn't need more lazy days, a better boss, more toys, or more money in the bank account. Your soul needs Jesus. He provides the water your soul is longing for.

And where do you find Jesus? In his Word. "His delight is in the law of the LORD, and on his law he meditates day and night."

My prayer for you is that as you become a man who dives in and meditates on the Word of God, your soul will be watered. That you won't become like a tree whose leaves are withering, but instead will become a godly leader whose life produces much fruit.

May your soul drink of Jesus and never be thirsty again.



## How to Use THIS JOURNAL

**S**tudying the Bible can be intimidating. If you feel overwhelmed, that's okay. A lot of smart people have dedicated their entire lives to learning God's Word and still feel like they are just scratching the surface. So you're not alone. The key is quality time in the Scriptures, not necessarily quantity. Better to read a few verses and put them into practice than to read cover to cover and not have your heart changed. We've prepared some Bible reading plans to get you started. As you sit down to read, ask yourself these questions:

### **WHAT DID I JUST READ?**

One way to process what you just read is to rewrite the verse or passage in your own words. This will help you to more deeply comprehend what you read.

### **WHAT STUCK OUT?**

After you put the passage into your own words, write down what stuck out to you. Were there any repeated words? Any that you didn't understand? Any themes that summarize what you read?

### **WHAT DO I NEED TO CHANGE TODAY?**

One of the simplest ways to study the Scriptures is to ask yourself two questions after you read: “What did God’s Word say?” and “What do I need to change in my life as a result?” The main goal of the Bible is to reveal to us who God is. Then, based on what we learn about God through his Word, we must ask ourselves, “Knowing this about God, how do I live differently today?”

### **PRAYERS FOR MY HEART**

The Bible will often reveal areas of your heart that you need Jesus to change. After you read God’s Word, write down areas of your life that you’ll be praying for God to transform.

### **PRAYERS FOR MY FAMILY**

Based on what you read today, how will you pray for the people you are leading in your own household?



# Bible READING PLANS

## 14 DAYS THROUGH MARK

✓	Day 1: Mark 1-2		Day 6: Mark 7		Day 11: Mark 12
	Day 2: Mark 3		Day 7: Mark 8		Day 12: Mark 13
	Day 3: Mark 4		Day 8: Mark 9		Day 13: Mark 14
	Day 4: Mark 5		Day 9: Mark 10		Day 14: Mark 15-16
	Day 5: Mark 6		Day 10: Mark 11		

## 10 DAYS WITH JESUS

✓	Day 1: Mark 1:12-45		Day 6: Luke 9
	Day 2: Matthew 5		Day 7: Matthew 6
	Day 3: Luke 6		Day 8: John 6:22-70
	Day 4: Mark 8		Day 9: Matthew 10
	Day 5: John 3-4		Day 10: Mark 10

### 31 DAYS THROUGH LUKE AND PROVERBS

Day 1: Luke 1:1-25; Proverbs 1	Day 17: Luke 12:22-59; Proverbs 17
Day 2: Luke 1:26-80; Proverbs 2	Day 18: Luke 13; Proverbs 18
Day 3: Luke 2:1-40; Proverbs 3	Day 19: Luke 14; Proverbs 19
Day 4: Luke 2:41-52; Proverbs 4	Day 20: Luke 15; Proverbs 20
Day 5: Luke 3; Proverbs 5	Day 21: Luke 16; Proverbs 21
Day 6: Luke 4; Proverbs 6	Day 22: Luke 17; Proverbs 22
Day 7: Luke 5; Proverbs 7	Day 23: Luke 18; Proverbs 23
Day 8: Luke 6; Proverbs 8	Day 24: Luke 19; Proverbs 24
Day 9: Luke 7:1-35; Proverbs 9	Day 25: Luke 20; Proverbs 25
Day 10: Luke 7:36-50; Proverbs 10	Day 26: Luke 21; Proverbs 26
Day 11: Luke 8; Proverbs 11	Day 27: Luke 22:1-34; Proverbs 27
Day 12: Luke 9:1-27; Proverbs 12	Day 28: Luke 22:35-71; Proverbs 28
Day 13: Luke 9:28-62; Proverbs 13	Day 29: Luke 23; Proverbs 29
Day 14: Luke 10; Proverbs 14	Day 30: Luke 24:1-35; Proverbs 30
Day 15: Luke 11; Proverbs 15	Day 31: Luke 24:36-53; Proverbs 31
Day 16: Luke 12:1-21; Proverbs 16	



## **Tips for READING THE BIBLE**

### **DON'T RUSH.**

There is no timeline for reading the Bible. Better to read a few verses and learn to obey than to read cover to cover and not put it into practice.

### **CONTEXT IS KEY.**

Always ask yourself, “Who is the writer of this passage, and who are they writing to?” Reading whole chapters and books in one sitting is better than pulling random verses out of context.

### **WRITE VERSES DOWN ON PAPER.**

When you find a verse that sticks out to you, write it down; this will help you remember what you just read.

### **LOOK FOR CROSS-REFERENCES.**

The Bible is one big story about God. Use a study Bible or concordance to find other passages that relate to what you just read.

### **PRAY BEFORE YOU READ.**

The Bible isn't just an ancient book for ancient people. It is God's Word, and it's still changing people today. Before you read, ask God to use his Word to help reveal areas of your life that need to be changed.

### **BE CONSISTENT.**

If you don't plan, it probably won't happen. Be intentional to set aside some time each day to dig into God's Word.

### **MEMORIZE.**

One of the greatest ways to sink God's Word deep into your heart is to put in the hard work of memorizing verses that stick out to you. Bonus points if you do this with your wife and kids.

### **TELL SOMEONE WHAT YOU READ.**

Processing out loud what you're learning in the Bible will allow the Scriptures to send their roots even deeper into your heart.

### **CREATE A PLAN.**

Knowing what you're going to read ahead of time will help you stay consistent. Use the reading plans we've provided, or find one online to help you get started.

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**WHAT DID I JUST READ?**

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**WHAT STUCK OUT?**

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**WHAT DO I NEED TO CHANGE TODAY?**

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## **PRAYERS FOR MY HEART**

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## PRAYERS FOR MY HEART

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THE WORD OF GOD IS LIVING AND ACTIVE, SHARPER THAN  
ANY TWO-EDGED SWORD, PIERCING TO THE DIVISION OF  
SOUL AND OF SPIRIT, OF JOINTS AND OF MARROW, AND  
DISCERNING THE THOUGHTS AND INTENTIONS OF THE HEART.

HEBREWS 4:12



## PRAYERS FOR MY FAMILY

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**“A BIBLE THAT’S FALLING APART USUALLY  
BELONGS TO SOMEONE WHO ISN’T.”**

**CHARLES H. SPURGEON**



## PRAYERS FOR MY FAMILY

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**TIP: DON'T RUSH. THERE IS NO TIMELINE FOR  
READING THE BIBLE. BETTER TO READ A FEW  
VERSES AND LEARN TO OBEY THAN TO READ COVER  
TO COVER AND NOT PUT IT INTO PRACTICE.**



## PRAYERS FOR MY FAMILY

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HE ANSWERED, "IT IS WRITTEN, 'MAN SHALL NOT  
LIVE BY BREAD ALONE, BUT BY EVERY WORD  
THAT COMES FROM THE MOUTH OF GOD.'"

MATTHEW 4:4



## PRAYERS FOR MY FAMILY

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**TIP: CONTEXT IS KEY. ALWAYS ASK YOURSELF, “WHO IS THE WRITER OF THIS PASSAGE, AND WHO ARE THEY WRITING TO?”  
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IN THE BEGINNING WAS THE WORD,  
AND THE WORD WAS WITH GOD,  
AND THE WORD WAS GOD.

JOHN 1:1



## PRAYERS FOR MY FAMILY

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**“BELIEVING IN THE JESUS OF THE BIBLE MAKES LIFE RISKY ON A LOT OF LEVELS BECAUSE IT IS ABSOLUTE SURRENDER OF EVERY DECISION WE MAKE, EVERY DOLLAR WE SPEND. OUR LIVES BELONG TO ANOTHER.”**

DAVID PLATT



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**"I'VE READ THE LAST PAGE OF THE BIBLE;  
IT'S ALL GOING TO TURN OUT ALL RIGHT."**

**BILLY GRAHAM**



## PRAYERS FOR MY FAMILY

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## PRAYERS FOR MY HEART

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**“MY BIGGEST FEAR, EVEN NOW, IS THAT I WILL HEAR  
JESUS’ WORDS AND WALK AWAY, CONTENT TO SETTLE  
FOR LESS THAN RADICAL OBEDIENCE TO HIM.”**

DAVID PLATT



## PRAYERS FOR MY FAMILY

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ALL SCRIPTURE IS BREATHED OUT BY GOD AND PROFITABLE  
FOR TEACHING, FOR REPROOF, FOR CORRECTION, AND  
FOR TRAINING IN RIGHTEOUSNESS, THAT THE MAN OF GOD  
MAY BE COMPLETE, EQUIPPED FOR EVERY GOOD WORK.

2 TIMOTHY 3:16-17



## PRAYERS FOR MY FAMILY

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## PRAYERS FOR MY HEART

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EVERYONE THEN WHO HEARS THESE WORDS  
OF MINE AND DOES THEM WILL BE LIKE A WISE  
MAN WHO BUILT HIS HOUSE ON THE ROCK.

MATTHEW 7:24



## PRAYERS FOR MY FAMILY

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## PRAYERS FOR MY HEART

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**“THE BIBLE WILL KEEP YOU FROM SIN, OR  
SIN WILL KEEP YOU FROM THE BIBLE.”**

**DWIGHT L. MOODY**



## PRAYERS FOR MY FAMILY

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## PRAYERS FOR MY HEART

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**“WE COME TO SCRIPTURE NOT TO LEARN A SUBJECT  
BUT TO STEEP OURSELVES IN A PERSON.”**

C.S. LEWIS



## PRAYERS FOR MY FAMILY

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## **PRAYERS FOR MY FAMILY**

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# JOURNAL

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**WHAT DID I JUST READ?**

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**WHAT STUCK OUT?**

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**WHAT DO I NEED TO CHANGE TODAY?**

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## PRAYERS FOR MY HEART

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HEAVEN AND EARTH WILL PASS AWAY,  
BUT MY WORDS WILL NOT PASS AWAY.

MATTHEW 24:35



## PRAYERS FOR MY FAMILY

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**“GOD’S REVELATION IN THE GOSPEL  
NOT ONLY REVEALS WHO HE IS,  
BUT IT ALSO REVEALS WHO WE ARE.”**

DAVID PLATT



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**“THE WORD OF GOD WELL UNDERSTOOD AND RELIGIOUSLY  
OBEYED IS THE SHORTEST ROUTE TO SPIRITUAL PERFECTION.  
AND WE MUST NOT SELECT A FEW FAVORITE PASSAGES  
TO THE EXCLUSION OF OTHERS. NOTHING LESS THAN  
A WHOLE BIBLE CAN MAKE A WHOLE CHRISTIAN.”**

A.W. TOZER



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## PRAYERS FOR MY HEART

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THE GRASS WITHERS, THE FLOWER FADES,  
BUT THE WORD OF OUR GOD WILL STAND FOREVER.

ISAIAH 40:8



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**“PRAYER TURNS THEOLOGY INTO EXPERIENCE.”**

TIMOTHY KELLER



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## PRAYERS FOR MY HEART

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I HAVE STORED UP YOUR WORD IN MY HEART,  
THAT I MIGHT NOT SIN AGAINST YOU.

PSALM 119:11



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**“FROM START TO FINISH, THIS MOVIE IS OBVIOUSLY  
ABOUT GOD. HE IS THE MAIN CHARACTER. HOW IS IT  
POSSIBLE THAT WE LIVE AS THOUGH IT IS ABOUT US?”**

FRANCIS CHAN



## PRAYERS FOR MY FAMILY

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**“NOBODY EVER OUTGROWS SCRIPTURE;  
THE BOOK WIDENS AND DEEPENS WITH OUR YEARS.”**

CHARLES SPURGEON



## PRAYERS FOR MY FAMILY

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LET THE WORD OF CHRIST DWELL IN YOU RICHLY,  
TEACHING AND ADMONISHING ONE ANOTHER IN ALL  
WISDOM, SINGING PSALMS AND HYMNS AND SPIRITUAL  
SONGS, WITH THANKFULNESS IN YOUR HEARTS TO GOD.

COLOSSIANS 3:16



## PRAYERS FOR MY FAMILY

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**“THE BIBLE WAS NOT GIVEN FOR OUR  
INFORMATION BUT FOR OUR TRANSFORMATION.”**

**DWIGHT L. MOODY**



## PRAYERS FOR MY FAMILY

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**BE DOERS OF THE WORD, AND NOT HEARERS  
ONLY, DECEIVING YOURSELVES.**

JAMES 1:22



## PRAYERS FOR MY FAMILY

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**“PRAYER IS CONTINUING A CONVERSATION  
THAT GOD HAS STARTED THROUGH HIS WORD  
AND HIS GRACE, WHICH EVENTUALLY  
BECOMES A FULL ENCOUNTER WITH HIM.”**

**TIMOTHY KELLER**



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## PRAYERS FOR MY HEART

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HOW CAN A YOUNG MAN KEEP HIS WAY PURE?  
BY GUARDING IT ACCORDING TO YOUR WORD.

PSALM 119:9



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**YOUR WORD IS A LAMP TO MY FEET  
AND A LIGHT TO MY PATH.**

PSALM 119:105



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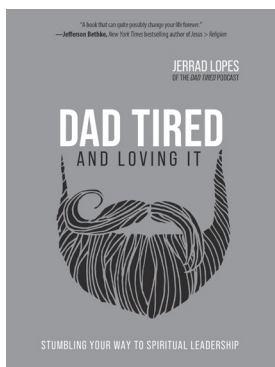
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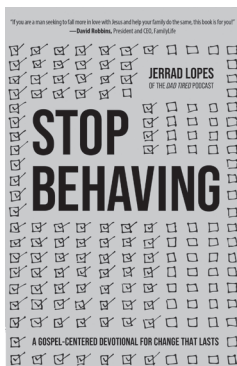
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**JERRAD LOPES** is an author, Christian pastor, and the founder of DadTired.com, a nonprofit ministry focused on equipping men to lead their families well. He hosts the weekly Dad Tired podcast, listened to by hundreds of thousands of men from around the world. He and his wife, Leila, live in Portland, Oregon, with their four children.



Join a new generation of Christian husbands and fathers who want to be better spiritual leaders than their fathers were. Get equipped and encouraged in your day-to-day life as you strive to be the man God is calling you to be—even when you're dad tired.



This devotional will help point you toward Christ and the gospel as the catalysts for real change, the kind that not only modifies your behavior but transforms your heart and mind. Start overcoming your biggest struggles by following Jesus, not the rules.