



INTRODUCTION WEEK

During this 1-week period, complete the 5 introduction exercises below.
We suggest focusing on one introduction exercise per day.
Use the days of margin as needed.



Day 1

WATCH... the first Intro video we've titled, AAB Introduction Video 1- The Basics, taking notes as you do.

READ... Psalm 119:1-40 in the NASB.

PRAY... committing your heart, mind, and time to the Lord to study and keep His Word (Psalm 119:57).

Day 2

WATCH... the second Intro video we've titled, AAB Introduction Video 2 – Structure, taking notes as you do.

READ... Psalm 119:41-80 in the NASB.

PRAY... asking the Lord to *enlarge your heart* so that you will deeply love His Word (Psalm 119:32)

Day 3

WATCH... the third Intro video we've titled, AAB Introduction Video 3 – 7 Key Words, taking notes as you do. (*you will need the reference sheet titled Psalm 119 Glossary*)

READ... Psalm 119:81-120 in the NASB.

PRAY... asking the Lord to *give you understanding of His Word* (Psalm 119:34).

Day 4

WATCH... the fourth Intro video we've titled, AAB Introduction Video 4 – Praying Scripture, taking notes as you do.

READ... Psalm 119:121-152 in the NASB.

PRAY... asking the Lord to *revive you* this year through His Word (Psalm 119:107).

Day 5

WATCH... the last Intro video we've titled, AAB Introduction Video 5 – Psalm 119 Themes/Things, taking notes as you do.

READ... Psalm 119:152-176 in the NASB.

PRAY... asking the Lord to *establish your footsteps in His Word* this year (Psalm 119:133).

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| Day 1 | READ |
| Day 2 | COPY |
| Day 3 | MEDITATE ON QUESTIONS |
| Day 4 | MEDITATE ON QUESTIONS |
| Day 5 | MEDITATE ON QUESTIONS |
| Day 6 | MEDITATE ON QUESTIONS |
| Day 7 | MEDITATE ON QUESTIONS |
| Day 8 | WATCH TEACHING VIDEO |
| Day 9 | PRAY SECTION FOR YOURSELF |
| Day 10 | PRAY SECTION FOR OTHERS |

*Make sure to print or screenshot Reference Sheets needed

Psalm 119 NASB

Psalm 119 Glossary

Praying Scripture (optional)

Section Study Plans (available on the 1st and 15th of each month)

Notes
