

# D.R.A.S.H.

## 5 Steps Learning Method

---



As our main goal is to formulate a simple and direct learning method aligned with the Couples' Journey beliefs and guiding principles, we have adopted the pattern of the word "drash" through an acronym:

- D** - Discover the truth
- R** - Reflect and meditate
- A** - Apply the truth
- S** - Share the truth
- H** - Help others or seek support in navigating the truth



### Discover the Truth

In every material, learning gathering, and other CJ<sup>2</sup> resources, take note of the Biblical truths you discover. Whether it's your first time encountering a truth or you've heard it before but this time it resonates differently, remember those truths and record the details of why they speak to you so strongly.

*'But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy.'* (James 3:17)

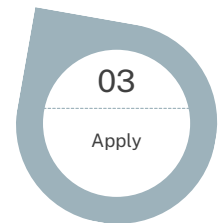


### Reflect and Meditate

We're not just here to gain knowledge; our approach to Biblical truth emphasizes experiential learning. This experiential process begins when we allow the scripture or shared truths to speak to our hearts and minds. Assess how the discovered truth relates to your personal faith journey as well as your relationships with your spouse and others.

*'Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God, which things we also speak, not in words taught by human wisdom, but in those taught by the Spirit, combining spiritual thoughts with spiritual words.'*

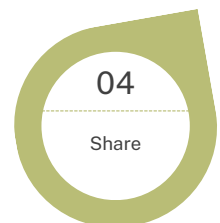
*But a natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually appraised.'* (1 Corinthians 2:12-14)



### Apply the Truth

As previously explained, we look forward to experiential learning because this method allows us to experience the reality of God and His presence in our lives. Create a list or even a simple one-statement goal for a particular period based on the conviction of the discovered, reflected, and meditated truth. As most experts suggest, a goal written in S.M.A.R.T. format (Specific, Measurable, Attainable, Relevant, and Time-Bound) is very likely to encourage action. So, make it SMART!

*'Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock.'* (Matthew 7:24)



### Share the Truth

There are various ways to share your discovery of Biblical truth, but in this learning method, we highly encourage sharing the truth:

1. *With your spouse* - Use this as a method of Gospel sharing, but more importantly, as a form of accountability. The intention should be personal growth and strengthening your marital relationship through spiritual discussions that lead to repentance.
2. *With your CJ<sup>2</sup> fellows (Seeker and Believer)* - Whether with a fellow wife or fellow husband, sharing truth brings many layers of growth opportunities, especially when discussed in your CJ<sup>2</sup> small group or with fellow seekers and believers.

*'For where two or three have gathered together in My name, I am there in their midst.'* (Matthew 18:20)



### Help

The healthy formation of your small community demonstrates two ways of “help.” (1) Help in the sense of seeking guidance and support from your fellow seekers, believers, or CJ2 participants, and (2) helping others discover, learn, and apply Biblical truth. You’ll be surprised at how your simple act of asking for help is not only a testament of humility but also impactful to others.

*'and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.'* (Hebrews 10:24-25)

By the grace of God, this method opens a complete cycle of learning experiences that lead to testimonies, benefiting your personal growth, your marriage, and your small group of influence.

Couples' Journey with Christ Jesus  
[www.couplesjourney.org](http://www.couplesjourney.org)

**THIS TOOL IS MEANT TO BE SHARED.**

To download visit [couplesjourney.org/tools](http://couplesjourney.org/tools)

“Scripture quotations are taken from the (NASB®) New American Standard Bible®, Copyright © 1960, 1971, 1977, 1995, 2020 by The Lockman Foundation. Used by permission. All rights reserved. [lockman.org](http://lockman.org)”