

Bible

Staircase

System

Engaging with God's Word Through
Daily, Actionable Steps

By John Allen and Madalyn Allen



“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:8

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For more of the Staircase System series and other faith-based materials, visit
www.madalynallen.com

Journey
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This Journal Belongs to:

Why the Staircase System?

Have you ever felt ready to take your life to the next level, only to find yourself stuck on the basement floor? It's a frustrating place to be, and there are countless reasons why our best-laid plans often stall before they even get off the ground. Sometimes, it's the fear of the unknown that paralyzes us. Other times, it's a gap in knowledge or resources. Whatever the obstacle, one thing is certain: if we lack the resolve to push through our doubts and challenges, our dreams will wither away as quickly as they bloomed. The Staircase System is designed to help you climb past these barriers, one step at a time.

What is the Staircase System?

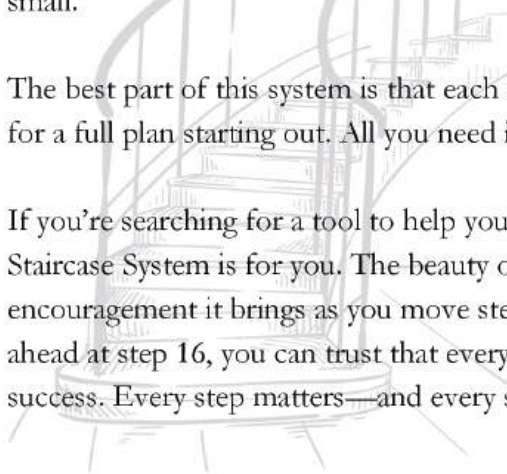
The Staircase System is a straightforward yet powerful approach to tracking progress toward your goals by climbing a series of steps. Each action you take, big or small, counts as a step on the staircase leading to success. The only rule? Take at least one step every day. Some steps may involve significant efforts, while others might be simple, quick tasks. The beauty of the system lies in its consistency: as you steadily ascend, you'll find yourself achieving rewards far greater than you ever imagined when you first started at step one.

The Origin of The Staircase System

The Staircase System was born from my desire to achieve a goal that felt completely out of reach. Despite not knowing exactly how I would get there, I decided to focus on taking one small step at a time. Each tiny action led naturally to the next, and before I knew it, I had achieved my goal. That success opened my eyes to how effective this system could be in other areas of life, and it quickly became a tool I relied on for achieving goals both big and small.

The best part of this system is that each step reveals the next logical step so there is no need for a full plan starting out. All you need is the audacity to take a single step!

If you're searching for a tool to help you stay motivated and make consistent progress, the Staircase System is for you. The beauty of the system lies in its simplicity and the encouragement it brings as you move step-by-step. Even when you can't yet see what lies ahead at step 16, you can trust that every action you take on the journey counts toward your success. Every step matters—and every step gets you closer to your goal.



The Staircase System for Faithful Bible Reading and Meditation

The Staircase System is a practical and motivating approach to deepening your engagement with Scripture through consistent steps of Bible reading and meditation. Just as with any other goal, each action you take—whether it’s reading a single verse, reflecting on a passage, journaling your thoughts, or applying a biblical principle in your daily life—becomes a meaningful step toward a closer relationship with God and a richer understanding of His Word. The beauty of this system lies in its flexibility and its emphasis on daily progress. You don’t need to have the entire Bible mastered from the start; instead, you trust that each small step will lead you naturally to the next. The Staircase System helps you focus on taking one step at a time, building momentum in your spiritual growth as you remain faithful in your pursuit of God’s truth.

What sets this system apart is its adaptability to your spiritual needs and season of life. Some days, your step might be reading a chapter and uncovering a new perspective on a familiar story, while other days it might involve meditating on a single verse, letting its meaning sink deeply into your heart. The system also encourages reflection and application, challenging you to not just read Scripture but to allow it to transform your thinking and actions. Whether you’re setting a goal to read through the entire Bible, study specific themes, or simply cultivate a habit of daily Scripture meditation, the Staircase System helps you stay on track and remain motivated, even when the journey feels overwhelming.

The ultimate goal of the Staircase System for Bible reading and meditation is not just to check off steps but to develop a lasting, vibrant relationship with God. Each step you take—no matter how small—draws you closer to Him and equips you to live out His Word in your daily life. Even when you can’t yet see the full impact of your efforts, you can trust that God is at work, shaping and molding you through your faithfulness. This system encourages believers to press forward with confidence, knowing that every step matters and that the rewards of drawing nearer to God far exceed anything we could imagine from the first step. As you take each step toward a richer experience of God’s Word, it is our prayer that you become so empowered by its truths that you feel compelled to share it with others. All the best to you as you take the first step!

John and Madalyn Allen

Frequently Asked Questions About The Bible Staircase System



1. What is the Staircase System for Bible Meditation?

The Staircase System for Bible Meditation is a step-by-step approach to engaging with Scripture consistently and deeply. Each "step" represents a small action, such as reading a verse, meditating on its meaning, journaling reflections, or applying its truth to your life. The focus is on steady, daily progress toward a deeper relationship with God and a richer understanding of His Word.

2. How does it work for someone new to Bible reading?

The system is perfect for beginners because it emphasizes taking small, manageable steps. You don't have to start with complex studies; you can begin with a single verse or a short devotional. The key is consistency—taking one step at a time—and allowing your knowledge and love for God's Word to grow naturally.

3. Do I need to follow a specific Bible reading plan?

Not at all. The Staircase System is flexible and can be adapted to fit any reading plan or focus area you choose. Whether you're reading through the Bible in a year, studying specific books, or focusing on themes like forgiveness or faith, the system helps you stay consistent and intentional.

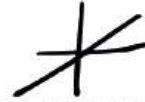
4. What counts as a "step" in the system?

A step can be anything that brings you closer to God through His Word. This includes reading a passage, meditating on a verse, journaling insights, memorizing Scripture, praying over what you've read, or finding ways to apply it in your life. Every action, no matter how small, counts.

5. How much time should I dedicate each day?

The time commitment is entirely up to you. Some days, a step might take just a few minutes, such as reading and reflecting on a single verse. Other days, you might spend longer studying a passage or writing in a journal. The focus is not on the time spent but on the consistency of taking steps daily.

Frequently Asked Questions About The Bible Staircase System



6. How does this system encourage spiritual growth?

The Staircase System encourages spiritual growth by promoting consistent engagement with Scripture. It helps you develop a habit of seeking God daily, deepening your understanding of His Word, and applying biblical truths to your life. Over time, these small, faithful steps result in a closer relationship with God and a transformed heart.

7. Can this system be used for group Bible study?

Absolutely! The Staircase System works well in group settings. Each member can take individual steps during the week, and the group can share insights and experiences during meetings. It's a great way to encourage accountability and spiritual growth together.

8. What if I miss a day?

Missing a day doesn't mean failure. The Staircase System is about progress, not perfection. Simply pick up where you left off and keep moving forward. The important thing is to stay committed to taking steps consistently over time.

9. Why should I reflect after every ten steps?

Reflecting after every ten steps allows you to pause and recognize the progress you've made. It's an opportunity to celebrate how God has been working in your life through His Word and to assess how the truths you've meditated on are transforming your thoughts and actions. Reflection also helps you identify patterns, areas for deeper focus, and ways to apply Scripture more fully in your daily life. This practice keeps you motivated and ensures that your journey with the Staircase System remains intentional and meaningful.

10. What makes the Staircase System different from other Bible study methods?

The Staircase System's unique focus is on taking consistent, manageable steps rather than overwhelming yourself with large goals all at once. It's flexible, adaptable, and encourages a personal journey with God's Word. Whether you're a new believer or someone looking to reinvigorate your spiritual habits, this system meets you where you are and helps you grow step by step.

Possible Steps for The Bible Staircase System



Choose a Passage or Verse

Select a Bible passage or verse that speaks to you or aligns with a theme you want to focus on, such as trust, patience, or love.

Read the Scripture

Spend time reading the chosen text slowly and thoughtfully, paying attention to key words and phrases.

Pray for Understanding

Ask the Holy Spirit to guide you and give you wisdom to understand the meaning of the Scripture and how it applies to your life.

Write the Verse

Copy the verse or passage into a journal or notebook to help you internalize it.

Reflect on the Meaning

Spend time meditating on what the verse is saying. Consider its context, the author's intent, and how it relates to your life.

Ask Questions

Write down questions such as: "What does this teach me about God?" "What does this teach me about myself?" "How can I apply this truth today?"

Journal Your Insights

Record your thoughts, insights, or anything God reveals to you during your meditation.

Possible Steps for The Bible Staircase System



Memorize a Key Verse

Commit a portion of the Scripture to memory to carry it with you throughout your day.

Apply the Truth

Identify one specific way you can live out the verse in your daily life, whether through actions, thoughts, or attitudes.

Share with Someone

Share what you've learned with a friend, family member, or small group to deepen your understanding and encourage others.

Listen to a Related Worship Song

Find a worship song that reinforces the message of the Scripture to help you connect with it on a deeper emotional level.

Reread and Review

Revisit the Scripture later in the day or week to reinforce its meaning and remind yourself of its lessons.

Pray for Application

Spend time in prayer, asking God to help you apply the verse to your life and to transform your heart through His Word.

Celebrate Small Victories

Acknowledge how the Scripture has impacted your thoughts, actions, or attitudes as a way to stay motivated.

Good Starting Points for Beginners

The Gospels (Matthew, Mark, Luke, John)

- Why: The Gospels provide a clear introduction to the life, teachings, death, and resurrection of Jesus Christ, who is the central figure of Christianity. They offer practical lessons and relatable stories, making them ideal for beginners seeking to understand the foundation of the faith.

Genesis

- Why: As the first book of the Bible, Genesis explains the origins of creation, humanity, sin, and God's covenant with His people. It sets the stage for the rest of Scripture, making it a logical and meaningful starting point.

Psalms

- Why: The Psalms are poetic and heartfelt, covering a wide range of emotions and situations. They provide comfort, encouragement, and a model for prayer and worship, which can be especially uplifting for those seeking a deeper connection with God.

Proverbs

- Why: This book is filled with practical wisdom for daily living, including themes of integrity, relationships, and decision-making. Its short, easily digestible verses make it an excellent choice for meditation and application.

The Gospel of John

- Why: John focuses on the divinity of Jesus and His role as the Savior of the world. It provides a deeper theological perspective while remaining accessible to new readers, helping them understand the essence of the Christian faith.

Romans

- Why: Romans offers a thorough explanation of salvation, grace, and faith. While slightly more challenging, it's a powerful starting point for understanding Christian doctrine and God's plan of redemption.

Good Starting Points for Beginners

(continued)

James

- Why: James is practical and action-oriented, focusing on how faith is lived out through works. It's a great starting point for those looking for straightforward application of Scripture.

Ephesians

- Why: Ephesians emphasizes God's love, grace, and the believer's identity in Christ. It also provides guidance on Christian living and relationships, making it a practical and encouraging starting point.

Acts

- Why: Acts tells the story of the early church, the spread of the Gospel, and the work of the Holy Spirit. It's an inspiring starting point for understanding how God works through His people.

Philippians

- Why: Philippians is a short, encouraging book that focuses on joy, contentment, and God's peace, even in difficult circumstances. It's an uplifting starting point for personal growth and meditation.

The Gospel of Mark

- Why: Mark is the shortest Gospel and focuses on the actions and miracles of Jesus. Its fast-paced narrative makes it engaging and accessible for beginners.

1 John

- Why: This short letter emphasizes God's love, fellowship with Him, and living a life that reflects His character. It's an encouraging starting point for those seeking to grow in their relationship with God.

Bible MEditation 1 Samuel (The Whole Book)

Ten Step Reflection

These last ten steps have really opened up my eyes to my need to repent for behaving badly before God. It must have really hurt the heart of God to know that His own people would rather have a King made of flesh and bone to lead them rather than the God who delivered their ancestors out of Egypt with His mighty hand. I also thought about Eli's sons and how disrespectful they were. Eli didn't seem to handle their sin, so God stepped in. This made me think of my own family and how God must see us.



10

Reflect on times in your life when you have wanted someone other than God to lead you and ask God to forgive you.

9

Read Samuel 7-8

8

Research how the Ark of God was to be carried from the beginning.

7

Read Samuel 5-6

6

Think About This: The Philistines seemed to be more afraid of God than Eli's sons were. Ask God to forgive you for lack of respect.

5

Read Samuel 3-4

4

Research: Were there other wicked priests in the Bible? How did they get that way?

3

Read Samuel 2

2

Look up whether or not it was normal to leave a child at the temple

1

Read Samuel 1

Ten Step Reflection

The people rejected God and wanted a king. Even though God gave them what they wanted, it also came with some pretty hefty consequences. At the end of step 9, I learned that all the days of Saul were filled with bitter war with the Philistines. It made me think. What things have I asked God for that have wreaked havoc in my life simply because I wasn't satisfied with what I had? What an eye opener for me!

**20**

Research the Philistines. Who were they? Where did they come from? Who were they descendant from?

19

Read Samuel 14

18

Take notes on Saul's characteristics following Samuel's rebuke and compare it to your earlier notes when he was first anointed.

17

Read Samuel 13

16

Research: What other farewell speeches are there in the Bible similar to Samuel's (maybe Moses)? Compare and contrast

15

Read Samuel 12

14

Scoundrels refuse to bring Saul a gift. Look up the definition of scoundrel in English and in Hebrew

13

Read Samuel 11

12

Take notes on Saul's characteristics when he's anointed by Samuel so you can compare it to his characteristics later when he is King.

11

Read Samuel 9-10

Bible MEdition

Ten Step Reflection



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A series of ten horizontal lines, each corresponding to a checkbox on the left, forming a staircase-like structure for reflection.

Bible MEditation

Ten Step Reflection



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A series of ten horizontal bars, each representing a step in a reflection process. The bars are arranged in a staircase pattern, ascending from left to right. The bars are shaded in a light gray color. The first bar is the shortest, and each subsequent bar is longer than the one above it, creating a clear upward progression. The bars are connected by thin lines, forming a continuous staircase structure.

Bible MEditation _____

Ten Step Reflection _____



A series of ten horizontal bars of varying lengths, arranged in a descending staircase pattern from top to bottom. Each bar is shaded light gray. To the left of each bar is a small square checkbox. The bars are intended for writing reflections corresponding to the ten steps.

- [Bar 1]
- [Bar 2]
- [Bar 3]
- [Bar 4]
- [Bar 5]
- [Bar 6]
- [Bar 7]
- [Bar 8]
- [Bar 9]
- [Bar 10]

Bible MEditation

Ten Step Reflection



A series of ten horizontal bars of varying lengths, arranged in a staircase pattern from top-left to bottom-right. Each bar is shaded light gray and has a thin black border. To the left of each bar is a small, empty square checkbox. The bars are positioned as follows:

- Bar 1: Top-most, shortest bar.
- Bar 2: Second from top, slightly longer than Bar 1.
- Bar 3: Third from top, longer than Bar 2.
- Bar 4: Fourth from top, longer than Bar 3.
- Bar 5: Fifth from top, longer than Bar 4.
- Bar 6: Sixth from top, longer than Bar 5.
- Bar 7: Seventh from top, longer than Bar 6.
- Bar 8: Eighth from top, longer than Bar 7.
- Bar 9: Ninth from top, longer than Bar 8.
- Bar 10: Bottom-most, longest bar.

At the bottom of the page, there is a final horizontal line with a checkbox to its left, which is not part of the staircase pattern.

Bible MEditation

Ten Step Reflection



Bible MEditation

Ten Step Reflection



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A series of ten horizontal bars of varying lengths, arranged in a staircase pattern, corresponding to the checkboxes on the left. Each bar is shaded light gray and has a thin black border. The bars are positioned to the right of the checkboxes, with the top bar being the shortest and the bottom bar being the longest.

Bible MEditation

Ten Step Reflection



A series of ten horizontal bars of varying lengths, arranged in a descending staircase pattern from top to bottom. Each bar is shaded light gray and has a thin black border. To the left of each bar is a small, empty square checkbox. The bars are separated by white space, and the entire set is contained within a large rectangular frame.

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