



From Marking to Meaning: How to See Through Scripture (Ephesians 1 Example – A Neurodivergent-Accessible Guide)

When you open your Bible, it can feel like a lot. Words everywhere. Thoughts everywhere. You might read a passage and still feel disconnected. You are not missing something. The Margins Method™ was created for this very space—for minds that move fast, feel deeply, or get easily overwhelmed.

This way of study isn't about doing it perfectly. It's about slowing your pace so the Holy Spirit can do what only He can do—open meaning you could never force on your own.



Step 1: Notice Before You Analyze

In Ephesians 1, Paul writes that we are chosen, adopted, redeemed, and sealed. Don't try to figure it all out yet. Just notice those words.

Now begin to mark:

Circle words that repeat, like in Christ.

Underline what feels personal to you.

Draw a heart beside promises, like you were sealed with the Holy Spirit.

Use a wavy line under anything that describes God—His grace, His will, His glory.

Add a triangle beside any word you want to study later.

You are not trying to make meaning yet. You are only observing. Observation builds calm because it gives your mind a clear task.



Step 2: Let Patterns Emerge

Step back for a moment. Breathe. Look at what you marked.

Do you see words or ideas that repeat? “In Christ.” “Grace.” “Glory.” When Scripture repeats, it's usually the Spirit pointing your attention somewhere on purpose.

This is how you begin to see through the text. You are learning to trace the thread of God's message, not just the outline of words.



Step 3: Ask Simple Questions

Now ask a few questions slowly:

What does this show me about who God is?

What does this say about who I am in Him?

Which phrase feels alive or personal right now?

Keep it light. You do not have to answer everything. The Holy Spirit will highlight what matters for this moment.



Step 4: Trust the Unfolding

Many of us want clarity fast. But revelation comes gently. It doesn't come by overthinking.

When we push for understanding, we rely on intellect. When we pause and invite the Spirit, we practice trust.

John 14:26 says, "He will teach you all things and bring to your remembrance all that I have said to you." The Spirit is your teacher. You can relax into that.



Step 5: Watch How It Connects

Read the passage again. Notice the flow: In Christ → chosen → adopted → redeemed → sealed.

These are not five separate points. They are one continuous truth—your belonging in Christ.

Let your eyes rest on each word. Feel the weight of what it means to already be chosen, already secure, already sealed.



Step 6: Respond from Rest

When meaning starts to rise, talk to God about it. You don't need big words. A whisper is enough.

You could pray:

Lord, thank You that being in Christ means I am already chosen and secure. Help me live from that truth today.

That prayer is what turns study into relationship.



Step 7: Practice Peace Over Perfection

The Margins Method™ was made for real brains, real lives, and real distractions. You will have days when you can only mark one verse. That's okay. Formation happens slowly, through repetition and rest. Over time, you'll find that Scripture begins to meet you where you are. It will feel less like a checklist and more like a conversation with your Father—alive, gentle, and steady.