



## **Spiritual Disciplines for the Christian Life**

### **Unit 3 – Bible Intake: Part 2**

**The intake of God’s Word is the most important Spiritual Discipline. Only as we read and study the Bible can we appropriate what God has for us.**

#### 1) Memorization

##### a) Strengthens your Faith and Ministry

Proverbs 22:17-19; Acts 2:14-40; Colossians 3:2

##### i) Establishing a Base and Movement

##### b) Supplies Guidance and Power

Luke 4:16-29; Matthew 4:1-11; Psalms 119:24

##### i) Knowing What to do and How to do it

#### 2) Meditation

Joshua 1:1-9; Psalm 1:1-3; Psalm 119:18

##### a) Constructive Mental Activity

##### b) Linked to Prayer and Understanding

#### 3) Application

James 1:22-25; 2 Timothy 3:16-17; 1 Peter 3:15

##### a) Coming from Diligent Study

##### b) Putting into Action what we Believe

##### c) Blessing from Perfection

## Homework – Reflections:

- 1) 1. How much time have you begun setting aside each day to read and study the Bible, as we talked about in the last lesson? What are you gaining from this time? Is this the right amount of time for you?
- 2) Which verses that you have memorized have special meaning to you?
- 3) How does Jesus' confrontation with Satan (Matthew 4:1–11) illustrate the power of Scripture that is committed to memory?
- 4) Read Proverbs 22:17–19. Why should we keep God's Word within us and ready on our lips?
- 5) Describe a time, if you can, when Scripture memory helped you during a witnessing or counseling opportunity. Share your experience with the group.
- 6) What does Psalm 119:24 say about guidance? How might you apply this truth to your busy life?
- 7) What was the psalmist's attitude toward Scripture? (See Psalm 119:97.)
- 8) Name several differences between biblical meditation and other kinds of meditation.
- 9) Read Joshua 1:8. What did God command Joshua to do, and what did God promise would happen as a result of Joshua's obedience?
- 10) What do you think it means to meditate on God's Word throughout the day and night?

- 11) Which aspects of daily life distract you from concentrating your thoughts on God and His wisdom, and what will you do to overcome these distractions?
- 12) As we meditate on Scripture, what happens to our minds? (See Romans 12:2.)
- 13) Read James 1:22–25. When you read the Bible, do you find it easy to apply what you read to your life? Why, or why not?
  - a) Sometimes Christians use verses incorrectly to try to prove a certain point. Why is it so important for people to understand the meaning of particular verses in context before applying the verses to their lives?
  - b) Why is an overall intake of Scripture through hearing, reading, and studying the Bible so important?
- 14) Consider this statement: “Biblical meditation isn’t an end in itself; it is the key to putting the truths and realities of Scripture into practice.” Do you agree? Why, or why not?
- 15) What steps will you take to deal with the obstacles you expect to face as you begin to memorize God’s Word?
- 16) What three steps can you take this week to cultivate the Discipline of meditating on God’s Word?
- 17) List several of your concerns and personal needs. Find verses that apply to each concern and need and memorize them before next week’s meeting.

18) The Bible refers to four general objects of meditation: (1) the content of Scripture, (2) God's creation, (3) God's providence, and (4) God's character. Using the following chart, write down specific objects of meditation found in each of these verses:

<b><u>God's Word:</u></b>	
Joshua 1:8	
Psalm 1:2	
Psalm 119:15 (two objects here)	
Psalm 119:23	
Psalm 119:48	
Psalm 119:78	
Psalm 119:97	
Psalm 119:99	
Psalm 119:148	
<b><u>God's Creation</u></b>	
Psalm 143:5	
<b><u>God's Providence</u></b>	
Psalm 77:12 (two objects here)	
Psalm 119:27	
Psalm 143:5	
Psalm 145:5	
<b><u>God's Character</u></b>	
Psalm 63:6	
Psalm 145:5	