



SPIRITUAL DISCIPLINES

The Spiritual Discipline of Bible Intake
SESSION #2

INTRODUCTION - TWO ASSUMPTIONS

- 1) It is _____ to meet with God.
- 2) Meeting with God is something we _____ do.

Five Means of Bible Intake:

Hearing — Reading — Studying — Memorizing — Meditating

Why do we not read the Word?

Acts 17:11 *These Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.*

- Are you just too busy with legitimate work, school, family, church, and countless other things vie for our time?
- Are you consumed with the trivial or other items that are of no eternal value?
- Are you bitter or resentful toward God and find yourself distrustful of His care for you?
- Are you young in the faith or immature in Christian character? You are just not sure how to begin or you question your ability to say faithful in your pursuit of God.

Bible Intake: Hearing the Word of God

1 Tim 4:13, *Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.*

What are ways that you can hear more of the Word?

Bible Intake: Reading the Word of God

Matthew 4:4 *It is written, man shall not live on bread alone but on every word that comes out of the mouth of God.*

What are your excuses for not reading the Bible?

What is the best time and where is the best place for you to read the Bible?

Read for Survey:

Read for Study:

Read for Soul:

Biography of God.

1) **Read** one Psalm a day.

- Look for anything that would describe God's attributes.
- Look for descriptions regarding the works of God.
- Look of titles or names of God.

2) **Record** who God is and what He has done?

- Record your observations in a notebook.
- Writing these observations down will help you to meditate.
- Use the Scripture and your own words in your own biography of God.

3) **Rejoice** in Who God is and what He has done.

- When finished recording your meditations - pray through list.
- Vocalize a meditative prayer to God based on the truth of the Psalm.
- Be intimate and allow the truths to touch your affections.
- Think about what you are saying and enjoy the Lord.

Example: Psalm 103:13–22

Possible Mediations to Record:

vs. 13 - The LORD looks on His children with compassion. He is compassionate to those that submit to Him.

vs 14- The LORD knows our frame he knows that we are human dust.

vs 17- God's Mercy is from everlasting to everlasting. His Loving kindness continues forever.

Vs. 19- God Has a throne in heaven and His kingdom rules over all.

vs 20-22- God is worthy of praise from the angels, the hosts, all His creation and all his Works. Therefore, I as His creation ought to praise Him as well.

Prayer of Thanksgiving and Praise:

Lord of all, creator and Father, I praise you for your kindness to me. Your compassion and mercy toward me are great. I am humbled when I think of your greatness in your attributes and creation that you have made around me. I am so glad that you know how weak I am. I love you and want to know you more.

Course Outline

Week 1: Meeting with God through Spiritual Disciplines

Week 2: The Spiritual Discipline of Bible Intake

Week 3: The Spiritual Discipline of Prayer

Week 4: The Spiritual Discipline of Biblical Meditation

Week 5: The Spiritual Disciplines and Community

Questions?

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Suggested Reading

Spiritual Disciplines for the Christian Life (Donald Whitney)

Habits of Grace (David Mathis)

Handbook to Prayer (Kenneth Boa)