



2020 Focus: GOD Sight is 2020

The Spiritual Disciplines: *Biblical Intake*

- ❖ There simply is no healthy Christian life apart from a diet of the milk & meat of scripture.
- ❖ If we're to know God and be Godly we must know the Word of God intimately.
- ❖ The most transforming practice available to us is the disciplined intake of scripture.

HEARING GOD'S WORD

- Disciplining ourselves to hear God's Word means developing the practice of steadfastly attending church.
- The purpose of all methods of biblical intake is obedience to what God says and the development of Christlikeness.
- Hearing the Word of God is not merely passive listening, it's a discipline to be cultivated.

READING GOD'S WORD

- No factor is more influential in shaping a person's moral and social behavior than regular Bible reading.
 1. Find the time. It's primarily a matter of discipline and motivation.
 2. Find a Bible reading plan.
 3. Find at least one word, phrase, or verse to meditate on each time you read.

STUDYING GOD'S WORD

- Reading gives us breadth, but study gives us depth.
- The basic difference between Bible reading & Bible study is a pencil and paper.
- We fail in our duty to study God's Word not because it's difficult to understand, but because it's work. Our problem is that we're lazy.
- Don't settle for predigested spiritual food; discover biblical insights firsthand through your own study.

MEMORIZATION

- When scripture is stored in the mind, it's available for the Holy Spirit to take and bring back to your attention when you need it most.
- Memorizing scripture strengthens your faith because it repeatedly reinforces the truth, often just when you need to hear it again.
- Until a verse is hidden in your heart, it won't be available for use with your mouth.
- The goal should be to memorize the word of God so that it can transform our minds and lives.
- One of the most underrated benefits of memorizing scripture is that it provides fuel for meditation.

MEDITATION

- Christian meditation involves filling your mind with God and truth.
- Christian meditation is deep thinking on the truths and spiritual realities revealed in scripture for the purpose of understanding, application, and prayer.
- Meditation is both commanded by God and modeled by the godly in scripture.
- The result of such meditation is stability, fruitfulness, perseverance, and prosperity.
- Meditation opens the soil of the soul and lets the water of God's word percolate in deeply.
- The easiest way to decide what to meditate on is to choose the verse, phrase, or word that impresses you the most during your encounter with scripture.
- The outcome of meditation should be application.

APPLICATION

- A misunderstanding about the meaning of a verse leads to misguided applications of it.
- Often, interviewing the verse, patiently asking questions of it will lead to an understanding of its application.
 - Does this text reveal something I should believe about God?
 - Does this text reveal something I should pray about for others or myself?
 - Does this text reveal something I should do for the sake of Christ, others, myself?
 - Does this text reveal something I should make a decision about?
 - Does this text reveal something I should praise, thank or trust God for?
- After concluding your time of biblical intake, you should be able to name at least one definite response you have made or will make to what you've encountered.