

The Fundamentals

Lesson 2 – Meditating on God’s Word

Psalm 119:105

Before you start this lesson, please begin in prayer asking the Holy Spirit to reveal to you those things he has for you.

Now open your Bibles.

There is so much we can talk about as it relates to God’s word. It is a limitless ocean of wonders. We could spend weeks and weeks talking about the word of God and still not scratch the surface. Needless to say, there is so much we need to know about the Bible and why we must make it a lifetime pursuit of searching the scriptures. It is important for Christians to learn how to truly interact with God’s word, how to go one-on-one with God and his word in their quiet time. If we learn (or refine) how to meet God in his word first and foremost, we will find a peace that surpasses all understanding and our hearts and minds will be guarded (Philippians 4:7) and the word will give us all things that pertain to life.

Let’s turn to 2 Peter 1:2-4 to whet our appetite for the word of God and all the blessings and promises that can be found in it.

2 Peter 1:2-4 (ESV)

² May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. ³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, ⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

Remember, quiet time isn’t a fundamental of the Christian life; it’s an *environment* that we create where the fundamentals *occur*. Last lesson we learned about this environment where God can speak to us. From here on out we need to cultivate our quiet time. It’s a discipline we will need to focus on because too often there isn’t any silence in our world. There is so much information bombarding us. For many of us, we find silence to be uncomfortable and we don’t know what to do in silence. And because our world is so full of noise and distraction, we have to learn to be silent. Continue to challenge yourself to put away the noise and distraction so that you can have a consistent quiet time with God.

Here’s a warning about quiet time: If a Christian goes after that quiet time alone, if that’s the extent of what we’re trying to do, if all we are doing is just being alone and quiet with ourselves, we are treading on very, very dangerous soil. If the extent of our desire is to

just get alone with God, we're in real danger. The scriptures tell us why. Write out Jeremiah 17:9 (NLT):

The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? God knows how bad it is! We can deceive ourselves but we can't deceive God.

The danger for Christians who are trying to go it alone and who tell themselves "I'm just going to have some introspection time" is that we take that wicked heart with us. And if we say to ourselves "Well, I'm just going to sit here alone and talk to God ..." there is a very good chance that what we are hearing is our own heart. What we are hearing is our own emotions. What we are hearing is our own mind – which is sinful in its nature; it is desperately wicked. We don't even know our own mind, but for certain, the world has influenced our mind and impacted it. So when the only thing we are doing is going off on our own, we take that self-absorbed mind that's been influenced by the world and a heart that is desperately wicked. When we go sit alone with God (without meditating on God's word), we end up walking away saying to ourselves "God said." But the truth is that most of the time what we've heard are our own thoughts, our own feelings, our own emotions – and we put the name of God on it. We have to be very careful about being "just alone" with God.

Here's how we protect ourselves from our deceitful heart: we have our Bible in our hands and we open it up and we have consistent fellowship in Spirit and Truth. This will provide protection from our deceitful hearts so that we won't convince (deceive) ourselves that what we are hearing is what God is speaking when in truth what we are hearing is ourselves and we're doing what we want to do – not what God is saying and what he wants us to do. This is why it is so critical for us to have the word of God at our fingertips when we get alone with him and, during that alone time, why we should call upon the Holy Spirit so that we are influenced by and hear from him and his word.

The other thing we have to be aware of is that we cannot be Lone Ranger Christians. If all we are doing is spending "alone time" with God without consistently going to church and being in corporate study and worship and being in fellowship with other believers, likewise we are at a great risk of falling away from God, of being deceived by Satan and by our own hearts and minds. God's word is clear on this as well.

Look up and write out the following scriptures:

Hebrews 10:24-26

Proverbs 18:1

For next three lessons we are going to use the Bible to:

- 1) MEDITATE on God's word;
- 2) PRAY using God's word; and
- 3) WORSHIP in God's word.

That's why it's important to establish a pattern of having a quiet time where we can meet God face to face, where we hear him speak to us. In this lesson, we'll be focusing on meditating on God's word (the Bible). Be sure you have a good readable Bible (the New Living Translation is a good one). There are many ways we can meditate on the word in our quiet time. We can read a few verses, sections or whole books. Whatever you choose, be sure you have your Bible in your lap when you go into your quiet time to meditate on God's word.

Sadly, not very many Christians meditate on God's word using the Bible. There is a multimillion dollar industry that produces Christian books / devotionals that contain someone else's ideas and cool ideas to fool the Christian into thinking that by buying these books and using them it constitutes quiet time with the Lord. However, when we spend our quiet time in a devotional book (and not the Bible), what we've really had is quiet time with the author of the book and not quiet time with God. Christians use devotionals because they don't know how to meet God in his word. They don't know how to meditate on the word. They don't know how to get with the word and God and say "It's just you and me right now. I'm not reading someone else's opinion, I'm talking to you and I'm hearing from you. And I want to be transformed by you." There is nothing wrong with reading devotionals (some are quite good); however, it's not recommended that you substitute a devotional book for the Bible when spending your quiet time with God for the purpose of meditating on his word.

When we say “meditating on God’s word” it’s a general term that really is comprised of three specific steps: 1) Meditating; 2) Applying; 3) Responding. In this lesson, we will look at ways for us to *meditate* on God’s word and then *apply* God’s Word and finally to *respond* to God’s word. If we learn to do these three steps, our transformation life will begin.

This may seem like a random tangent; however, if you stay with it, you’ll see the correlation. Two step Christianity doesn’t exist. *Salvation* and *sanctification* are two parts of the same work of Jesus Christ. How many Christians do you know who are saved but you can’t really tell they are saved because you don’t see any transformation in their lives - no fruit? Let’s do some personal fruit inspecting. Read these scriptures:

Matthew 7:15-20 (NLT)

What is the “fruit” being referred to in this passage? _____

What kind of fruit does a good tree produce? _____

What kind of fruit does a bad tree produce? _____

James 3:7-18 (NLT)

List some of the “bad fruit” found in these verses: _____

What fruit is produced from a tree of wisdom? _____

Galatians 5:22-23 (NLT)

This scripture is the definition of the *ultimate* kind of fruit we, as a good tree, should be producing. Who produces the good fruit in our lives? _____

Now write out the nine various fruits exemplified in these verses.

We each need to ask ourselves this question and answer it honestly: What kind of tree am I? What kind of fruit am I producing? Has there been a transformation in my life? In my character? In my tongue? In my attitudes? If we will do this: spend intimate time every day with the Lord *meditating, applying* and *responding* to God's word, things will change in our life! God will begin to transform us through the power of his word and we will be good trees that produce good fruit that is sweet and pleasing to our Lord.

Before we go further with meditating on God's word, let's look at the core, the crux, the fulcrum of the Christian life: it's the power of God's word which is found in the Bible! Write out 2 Timothy 3:16-17 (ESV) (or your version).

The word of God is what is going to make us complete. The word of God is what is going to equip us for the work of God. It's profitable for teaching, for correction and for training! It's the core; it's the crux; it's the fulcrum. The word of God is where the power exists.

Now, let's meditate on the word!

The word MEDITATE means "muddle." It means to mutter. It means to always be repeating something in your mind (which sometimes can be seen on your lips as you're muttering without the words being audible). The idea of repeating or muttering God's word is to make the promises of God yours, to own them. Ask God for a desire to make his words the desire of your heart and then mutter them all day long!

Psalms 119 (the longest Psalm in the Bible) is a phenomenally intricate, miraculously written poem. It contains one hundred seventy six verses. It has twenty two sections – each section matching a letter of the Hebrew alphabet (look in your Bible, at the beginning of each section there is a Hebrew alphabet word corresponding to the section). Each section contains eight verses. Every verse of the twenty two sections all start with the corresponding letter of the Hebrew alphabet. It's a massive Psalm. It's truly intricately, miraculously written. If we were to ask why, the only answer we can come up with is that the writer (the Holy Spirit) is trying to show the all inclusive, the all encompassing totality of the word of God. In this incredible Psalm, every letter in the Hebrew alphabet is used to speak of the word of God. And, all but four verses in this massively long Psalm speak or imply the word of God. It's like Jesus in the New

Testament; we call him the Alpha and the Omega (Rishon Ya-Acharon). That's the beginning and the end of the Greek alphabet. The first and the last letters of the Greek alphabet. In this Psalm, in Hebrew, it's the same thing: a complex, phenomenal display of the all encompassing awesomeness of the word of God. The Alpha and Omega. The Beginning and the End.

As a part of this lesson, let's make a commitment to read (meditate) ALL of Psalm 119 over the course of the next week. Let's meditate on Psalm 119. Read it every single day. Multiple times if you can. If you're an over-achiever, take the twenty two sections of Psalm 119 and meditate on them for twenty two days straight. Eight verses a day. It'll change how you feel about the word of God! In your reading of Psalm 119, you will see that all of the verses are pouring out a love for the word of God. If you commit to reading and meditating on Psalm 119, you'll come out with a love for the word of God.

Let's just read a few verses from this incredible Psalm.

Psalm 119:11 (ESV)

I have stored up your word in my heart, that I might not sin against you.

Psalm 119:15 (ESV)

I will meditate on your precepts and fix my eyes on your ways.

Psalm 119:89 (ESV)

Forever, O Lord, your word is firmly fixed in the heavens.

Psalm 119:93 (ESV)

I will never forget your precepts, for by them you have given me life.

Psalm 119:97 (ESV)

Oh how I love your law! It is my meditation all the day.

Psalm 119:103 (ESV)

How sweet are your words to my taste, sweeter than honey to my mouth!

(Our title verse) Psalm 119:105 (ESV)

Your word is a lamp to my feet and a light to my path.

Psalm 119:111 (ESV)

Your testimonies are my heritage forever, for they are the joy of my heart.

Psalm 119:114 (ESV)

You are my hiding place and my shield; I hope in your word.

Psalm 119:130 (ESV)

The unfolding of your words gives light; it imparts understanding to the simple.

And the two verses we read last week:

Psalm 119:147–148 (ESV)

147 I rise before dawn and cry for help; I hope in your words.

148 My eyes are awake before the watches of the night, that I may meditate on your promise.

Psalm 119:165 (ESV)

Great peace have those who love your law; nothing can make them stumble.

Can you hear the psalmist’s heart and love and desire for God’s word? It’s infectious. Meditate on Psalm 119 and you’ll get that desire and love for God’s word. It’s so fantastic to have that kind of relationship with God’s word. It’s life changing. We could read verses on the power and the wonder of God for weeks! There are more than a thousand verses in the Bible that display the wonder and the power of the word of God. It’s limitless. For this reason, we need to be searching the scriptures daily to find this wonder and power. Check these ones out: Psalm 19:7-11; Psalm 1:1-3; Joshua 1:8.

We’ve got to fall in love with the word of God. We must have a relationship with it. You’ve probably heard it said “The Bible is God’s love letter to us.” It’s our guide; our source; it’s our light! We have to see the Bible in this way; we have to love it at that level.

Before we go on further with our focus on meditating on God’s word, we need to be aware that everything we are going to be learning in this study on the fundamentals of living the Christian life are wrapped up in some way in Romans 12:1-2 (a well known scripture). It encapsulates the fundamentals of the Christian life.

Write out Romans 12:1-2

The section in Romans 12:2 that we want to focus on is *...**be transformed by the renewing of your mind.*** (This takes a lifetime of surrender and sacrifice.) One of the benefits of meditating on God’s word is that it renews your mind. Here’s a reality that we

must grasp: our thoughts, our ideas, our opinions all come from the flesh (the world). They are contrary by nature to God's. So we have to crucify our own thoughts, our own ideas, and our own opinions and we have to take on God's thoughts, God's opinions and God's views. We accomplish this by meditating on God's word. As we do that, we are actually transformed supernaturally. The transformation is a supernatural thing that involves the power of the Holy Spirit. If we will renew our mind daily with God's mind, he will transform our life by the word of God lit alive in our life. By the power of the Holy Spirit, we will experience transformation. And believe it or not, that's God's will for our life. Read Philippians 2:1-2.

Remember from Lesson 1 that we have a part in all of this. We must be consumed with more than things of the world. We can't let the TV, Facebook, our smart phone, Twitter, Pintrest and all the rest of the world's allures be our daily consumption. The Bible is very clear about what should be our daily consumption. The word of God is our daily bread. Write out these scriptures:

Job 23:12 (write out the New King James Version if you can)

Matthew 4:4

John 6:35

The Word of God is also the *dunamis* (Greek word for "power") - the dynamite power to explode our life. And the word of God is the physician's scalpel. We need some surgery. Write out Hebrews 4:12.

Hebrews 4:12

That word “active” means “effective. So we could read that verse as the word of God is living and EFFECTIVE...

Hebrews 4:12 is pretty hard core and may be a bit daunting to some Christians and may be the reason why some Christians won't go face to face with God in his word. Verse 12 is daunting, but check out verse 13. It says: “***And no creature is hidden from His sight, but all are naked and exposed to the eyes of Him to whom we must give account.***”

When we sit down with the word and understand what it is and Who it is and when we go face to face with God, we've got to be flayed open. We have to let ourselves be open to God. His word “...***is living and powerful and sharper than a two edged sword and it discerns the thoughts and intentions of our hearts.***” And it is EFFECTIVE.

After coming face to face with that specific daunting word (we are all naked and exposed), here is some good knowledge to apply as a salve to our souls: We serve a merciful God who died for us when we were his enemy. That knowledge can bring us peace.

Turn to Hebrews 4:16. How can we come when we draw near to God's throne of grace?

What do we receive when we come to God in our time of need?

This is great news for us! We can come confidently into God's presence and we can allow him, the Great Physician, to cut away what needs to be cut away. We shouldn't hide from God's word; we should EXPOSE ourselves to God's word!

In Psalm 27:8, King David says “***You have said, ‘Seek my face.’ My heart says to you, ‘Your face, Lord, do I seek.’***” Are we that kind of people? A person who seeks the face of God? Or are we people who fear what we might hear when we are in his presence?

God says in Isaiah 1:18: “***Come, let us reason together. Though your sins are like scarlet they shall be white as snow.***” God says “Come, I want to transform you. I want my word to do its work in you. Seek my face.” And when we say like King David “Lord your face I seek” what we must do is come before his word and let his word do its work

on us. To seek God's face, we must spend quiet time with him, meditate on God's word, pray God's word and worship God's word.

This is the fruit we get when we seek God in our quiet time, when we come into his presence and seek his face: we find and receive some excellent promises in God's word. Take a minute and meditate on these promises.

James 4:8. What is the promise found in this verse when we draw near to him?

Psalm 16:11. What are we promised in his presence?

The promises found in those two scriptures alone are motivators to come near to God, to allow him to transform our life as we seek his face, letting him have his way in us. All the while being reassured that he is near to us when we are near to him, and giving us confidence that we will receive the fullness of his joy as he makes known his paths for our life. Let his word be your necessary food. Desire to feast on it all day long. Let his word be sweeter than honeycomb to your lips.

For definition sake, meditating on God's word can be described as a **concentrated activity of dwelling on and thinking over God's word**. Go back and read that definition again but this time read it slowly because meditation should not be done in a rush but rather in a slow manner: **meditating on God's word can be described as a concentrated activity of dwelling on and thinking over God's word**.

In Hebrew the word meditation is "muttering" – repeating the word. Meditation of God's word is implanting the word; it's hiding the word in your heart. It's a concentrated, focused, purposed activity of dwelling on and thinking over God's word. It's done in communion with God (in his presence, in quiet time). It's empowered by the Holy Spirit and its purpose is to replace our thoughts with God's. Its purpose is to replace our will with God's. Its purpose is to transform us. If we meditate on God's word it will transform us! It will do its job. But we have to lay ourselves open for it. There is real life fruit, radical transformation when you meditate on God's word.

If you are having trouble getting a jump start on meditating on God's word or if you have a lackluster desire for God's word, don't lose heart. It's not that easy because it's not natural to us. That's why often it takes someone to come along side of you to disciple you – to infect you with the love of God's word. Sometimes we need someone to help us break through old habits and help us form new ones. Find someone who will come along side of you to help and show you how to walk through meditating on God's word until

you get to the place where you're really meeting with God on your own and where he's really speaking to you. And as soon as you have made that your lifestyle, then you need to go and disciple and teach someone else how to meditate on God's word.

So, the first thing we have to do is *meditate* on God's word, dwelling over, thinking and immersing ourselves in God's word. Then we have to *apply* God's word. It's only intellectualism if you don't move on.

Read James 1:22-25. How have we been instructed in this Scripture?

Now Read 1 Corinthians 8:1.

What do we all possess? _____

What does it do to us? _____

Knowledge is a noun. Look at the last part of verse 1 of 1 Corinthians 8. What is the non-obvious verb? _____

Love is an action word. It is a verb. Knowledge is a noun. It does nothing but puffs up. Love is application of the word of God. God is love. God loves. Love in action builds up.

We need to *apply* what we hear. We need to ask ourselves "How has spending time alone with God and his word impacted my life?" We've got to move on from *meditating* (just knowing) to *applying*. We've got to apply God's word to our everyday life, actions, reactions, conversations, relationships, etc.

Our life changing relationship with Jesus Christ has to actually be applied to the very specific and practical areas of our life. Our relationship with Jesus Christ must actually be applied to our life. Read James 1:22-25 again. Let's don't be deceived. Let's be doers! Let's look intently into his word so that when we do look into the mirror we won't forget what he wants us to do! There is freedom and blessing in applying God's word. James tells us this. We can believe it. Now **apply** it.

Webster's Dictionary defines it like this: APPLY – **put to use – especially in some practical purpose**. So that means the word of God has to be put to use for a practical purpose in our lives. It means it has to show in our lives. When we say that we need to apply God's word, that's what we mean. We've got to actually *use God's word to impact very specific and practical areas of our lives*. That's application. If we will do that, if we

will actually apply God's word to a specific area in our life, then the Holy Spirit will transform us by its application.

The Bible is God's word. The Holy Spirit is the author of the Bible. Jesus Christ is the expression – the Logos – Jesus is the Word. (John 1:1) God's word, in written form, is authored through man by the Holy Spirit. (All scripture is God-breathed. 2 Timothy 3:16.) It is the Holy Spirit who authored it. It is the Holy Spirit who applies it. It is the Holy Spirit who speaks to us in it. The Holy Spirit uses his word that is alive to convict us, to transform us, to speak to us – it's supernatural. Through the written word (the Bible) the God of creation is speaking to us on a one-on-one basis. It's the Almighty God speaking to us personally.

It is really important that we take a minute to learn some things the Holy Spirit. Invest some time in reading John 14:15-26 and John 16:7-15.

In John 14:26, what does the Holy Spirit do?

In John 16:13, what is the job of the Holy Spirit?

We must realize that the Holy Spirit is Christ in us – communicating with us. He (the Holy Spirit) cannot be overlooked or dismissed. We must have a deep love relationship with the Holy Spirit in the same way as we do with God the Father and God the Son. The Three are One.

Allowing God to speak to us one-on-one through His word (through the power of the Holy Spirit) is a pretty big opportunity and it's one that most Christians rarely take advantage of. When we meet with God we need to be praying and asking the Holy Spirit to speak and reveal to us His truths and to ask for guidance. We need to put ourselves in an environment where the Holy Spirit can speak to us through the Living Word, where he can apply his word to our lives, where we are open and honest and trusting God enough to say "Yeah, I know, Lord. I know that's the area of my life that this applies to. I know that's where you want to put the word to use." The Holy Spirit will begin to transform us if we will make the time to establish a relationship with Him and have the courage to let him apply his word to our life.

It seems like every Christian goes through a season in their life where they know God's word intellectually; however, it's not really having that big of an impact on their lives.

An example would be “I know God’s word says that I have victory over sin. I know that God’s word says that I have peace that surpasses all understanding. I know that God’s word says that Jesus came to give the abundant life. But these things aren’t really showing in my life.” Here’s what we do as Christians, we say “Lord please just make that happen ...” like we’re rubbing our genie lamp asking for one of our three wishes and then we wake up the next morning and realize nothing has changed. What we really want is for God to make those things magically happen. But listen, this relationship we have with God, **it’s a relationship – it’s a two way street**. God has given us all the answers we need. God has given us the power we need – not only in his living word but in the person of the Holy Spirit – to bring to pass his promises in our life. But he doesn’t do it as magic genie. He does it through a relationship – a two way relationship. And, if we will take the time, a committed devoted time, to have that relationship with him, then all the transformation we can ever imagine will come into our life.

Here’s the key: we’ve got to start *applying* the Word.

After we have meditated on God’s word and applied it, we then have to *respond* to it by actually doing something about it! Application is acknowledging the specific area that God wants to address in our life. *Responding* is taking action – doing something about it. Here’s a truth: everything in our relationship with Jesus Christ involves a response. No response, no relationship. It’s the same in our marriages. If we are not responding to our spouse, there’s trouble. If we’re not responding to God, there’s trouble.

It’s simply not enough to read the word by itself. We can’t just stop there. We can’t say “I’ve read the Bible all the way through six times” and that be the extent of it. Can you imagine reading the Bible that much and not having it transform our life? The reason transformation doesn’t occur is because the next step isn’t taken. After applying (acknowledging an area that God is addressing) we need to respond by saying “Lord, I’m going to choose your way over mine. I’m going to obey you contrary to my feelings, contrary to the world, contrary to everything else. I’m going to choose to obey you.” The second we choose to obey God, He gives us the power to obey. We never say, with a drink in our hand, “Oh Lord, please stop me from drinking” (or fill in whatever else it is). As soon as we choose to put that thing down, God will give us the power to overcome the sin. We’ve got to choose to obey God.

No shocker here: The truth of the matter is that obeying God is painful. That’s because everything in our flesh shouts the opposite to obeying God. When we tell our flesh to shut up and when we choose to crucify our flesh and choose to obey God, things start to change in our lives. We’ve got to choose to walk in the Spirit and not in the flesh. We’ve got to choose to obey God and not the world. That’s where transformation begins. Read Galatians 5:16-18.

What is the benefit of living by the Spirit found in verse 16? _____

What does verse 17 say about the Spirit and flesh? _____

The Spirit and flesh cannot co-exist. They are in conflict. It's one or the other. If we live by the Spirit we won't gratify our sinful, natural desires. Feed the Spirit; not the flesh!

For reiteration, here's how it looks:

Meditating on God's word is immersing ourselves in God's word. It's dwelling on, thinking about, and muttering God's word.

APPLYING is acknowledging the area that the Holy Spirit is pointing out.

RESPONDING is committing to do something about it.

We get a little intimidated by the thought of doing all three of these things every day because we tell ourselves that "Every time I sit down with the word of God the Holy Spirit is going to turn my life upside down." Sometimes God will do that and back you in a corner. But it's not usually like that. What we are talking about is a daily lifestyle where you meet God in his word intimately, where you listen to what he's saying to you and you respond within an ongoing relationship with him. We can't avoid meeting with God and his word out of fear thinking that every time we sit down with God he's going to tell us to sell all our possessions and move to Africa.

We have a heavenly Father who loves us, he's given his own Son's life for us, and he's traded places with us, taken on our sin and given us his righteousness. He's offered, he's made a way, and he's torn the veil. He's made a way for us to come in confidence into his presence where we'll find mercy and grace. Mercy is *not* getting what we *do* deserve. Grace is *getting* what we *don't* deserve. God promises both. Come to him; speak to him, let him speak to you; let him respond to you, and he'll transform you. Don't fear, it won't always be radical. Sometimes our response is a physical action. Sometimes our response is taking our thoughts captive. Sometimes our response is just in our heart.

One way to meditate on God's word is to use a Daily Devotional Journal (DDJ). You'll see one of these journal forms at the end of this study. You'll notice on the DDJ that the three steps we've been discussing in this lesson (**MEDITATE, APPLY, RESPOND**) are there to assist us in putting them into practice. You'll also notice that we are to start in prayer and end in prayer. It is really, really important that we start our time with God praying, asking the Holy Spirit to teach us, guide us, reveal to us, to make our heart ready. Then pick a scripture and meditate on it, dwell on it, dive into it, repeat it, write it out, think about it, then apply it. (Writing down what the Holy Spirit is pointing out in your life through the verses is a great habit to start.) And then respond. We have a loving God. Respond to him. Make a commitment on how you're going to respond. Then for

your final prayer write it out on the DDJ. Writing out our prayers is a good exercise. Pray to start. Meditate. Apply. Respond. And end in prayer.

If picking a scripture to meditate on is a challenge, you can go to www.calvarynuevo.org and click on RESOURCES and you'll see the link for the Daily Devotional Journal and you'll see a list of topics you can pick to guide you in the word (pre-printed ones). But also, you can use your concordance and search a key word and scripture relating to that word will be provided. Gateway Bible and Blue Letter Bible are two great internet resources. You can also ask your pastor or a Godly brother or sister to help you find a scripture that will help you with what you want to meditate on.

As you close this lesson, challenge yourself to commit to meditate on the word of God for thirty days on a certain subject. It's not recommended that you use the DDJ to go verse by verse through an entire book. Rather, it's recommended that you pick a subject relative to you (like how do I learn how to love, how do I learn how to forgive, I need to crucify my anger, what does God's word say about giving or serving, lust, hope, peace, depression, marriage, children, husband, wife). God's word is plentiful; it covers every single topic relative to our lives today.

However, sadly, most Christians will not do this. They won't meet with God on a regular basis. The ones who do will never stop because it gets in their blood. The ones who do it have a passion and desire for God's word with an attitude of "I need God. I need my time with God and his word." But the majority of Christians will pass on this. Don't be in that group. Meet God. Meditate on his word. Apply it to your life. Respond to him. And in your quiet time God will transform you.

Let's pray.

Father God, thank you for your word and the power of it. Give me a desire to long after your word. Give a passion for it. Make it sweeter to my lips than honeycomb. Help me Jesus to pursue your word through my quiet time. Give me the ability to crucify the world to spend more time with you than anything else. Transform me with your word and your truths. I want to be more like you Jesus as I learn to meditate, apply and respond to your word. It is in your own name I pray, amen

Daily Devotion Journal

SCRIPTURE : _____ Date _____

PRAY - Slow Down. Pray God would make your heart ready to hear from Him. Shut out everything else. Get alone with God.

MEDITATE on the scripture. Read it slowly, carefully, repeatedly. Pray God would speak to you through His Word. Check surrounding verses to help understand the key scripture if necessary.

Write out the key scripture in your own words. Let the words sink in while you write.

APPLY - How does this scripture apply to YOUR LIFE today? Be specific and personal. What is God speaking to you, about your life, through this scripture today.

RESPOND - What specific actions will you take today in response to this scripture?

PRAY - Write your prayer to God in response to this scripture.

Daily Devotion Journal

There may be nothing more powerful in our Christian life than spending quiet devotional time with God on a regular basis. This is where God's Word comes alive to us, where we hear Him speak to us, and where we find ourselves in a place to respond to Him.

The Daily Devotion Journal is designed to help you do just that. Pick a meaningful scripture, give yourself 20-30 minutes, and purposefully meet God in His Word and Prayer. Follow each step. Don't rush through it. Really commit to meet God during this time.

First, Pray. Slow down and make your heart ready to hear from God.

Then, **MEDITATE** on the scripture. Read it slowly, carefully, repeatedly, asking God to speak to you through His Word. If necessary, check the surrounding verses to help you understand the key scripture. You can also begin to pray this scripture while you're meditating on it. Start making this scripture a prayer for your life.

Next, write out the scripture in your own words. While you're writing, let the words sink in.

Now you're ready to **APPLY** this scripture to your life. Be personal and specific. Write down what area of your life The Holy Spirit is addressing through this scripture. How does this scripture specifically apply to your life? Be honest. Be real with God.

Next, decide what you going to do, today, in **RESPONSE** to this scripture? Maybe it's a physical action, maybe it's taking your thoughts captive, maybe it's choosing to respond in your heart according to God's Word. How are you going to respond to this scripture, today?

Finally, write out a prayer to God in response to this time with Him. Ask for the power of The Holy Spirit to make this scripture real in your life. Make your commitment to God, and thank Him for speaking to you through His Word.

Now, the final question is; How do you choose the scripture to use with the journal?

The best way is to come back to the Discipleship Resource Table on any Sunday and the people there will be glad to help you find appropriate scripture. You can also email me at shep@calvarynuevo.org and tell me what topic you're looking for scripture on, and we will send you scripture to use with your Daily Devotion Journal. You can also ask someone you consider a spiritual mentor to help you find appropriate scriptures.

You can download this journal page at calvarynuevo.org. Or you can ask us for journal books that come with 30 journal pages. We have journal books with no scripture, for you to put your own scripture in, and we also have 'topical' journal books, that come with 30 pre-printed scriptures for you to spend 30 days on one specific subject with God.

Our 'topical' journal books have been a tremendous blessing to everyone who has used them. Please consider trying one in your quiet time with the Lord.

I promise you, God will meet you during this time. And if you will surrender all of your life to Him, and allow His Word to renew your mind, He will transform you.

Rom 12:1-2,

Pastor Dave