

Session 3: Bible Intake

1. When you think of the spiritual discipline of “Bible Intake”, what practice(s) comes to your mind?
2. If any, what sort of Bible Intake did you grow up with in your household? How do you think the presence of that or the lack of that has shaped you?
3. What do you expect out of a sermon/message? Are your expectations even important?
4. Read Matthew 4:4. Think about the importance of food to you and your daily life. What would change if we saw God’s Word as the food by which we live?
5. What is the most common barrier to you spending time in God’s Word on a routine basis?
6. Do you have any practices that you currently do or have done in the past that have been helpful in Bible Intake? Which one of the 3 (time, plan, meditate) discussed in the video would help you the most if you tried it out?

Practical Tips Not Included In The Video:

3 ways to engage the Bible that payoff:

1. Memorize
 - a. Google memorization tips
 - b. Write the verses over and over
 - c. Write them on sticky notes and place them in common areas. Then read/recite every time you see it.
2. Meditate - use the P.R.O.S.P.E.R method - very simple breakdown of how to meditate on the Bible (just one method of many)
 - a. Pray - (it can be short or long. Just focus on God being the one who helps you understand and gives you desire, direction, and ability):
 - i. Ex. “God, thank you for your Word. I know that you love me, you want me to know you, and you want to be the source of my joy. Teach me through your Word, open my eyes to understand it, and my ears to hear you speak. Help me find joy in this reading today.”
 - b. Read - As you read, stop when something stands out to you. Meditate on that. Pray over that.
 - c. Observe

- i. If you've read a few verses and nothing stood out, go back re-read and observe it. Ask who, what, when, where, and why. Simplify the story.
 - d. Study
 - i. This is the deep dive into meanings of words, cross-references, concordances, etc.
 - e. Pray - as God gives you truth, pray over that truth
 - f. Exercise - Now, find out how you will apply it
 - g. Repeat - do that for multiple verses, or if you've run out of time, repeat this process the next time.
3. Apply - Read Psalm 1:1-3 and James 1:25. What do you see here as benefits of applying/doing what you read?
 - a. Expect to find something
 - b. Understand the text - find authors original intent and how audience would have read it
 - i. Why? Because misinterpretation = misapplication
 - c. Meditate for the purpose of finding application
 - d. S.P.E.C.
 - i. Sin to avoid
 - ii. Promise to claim
 - iii. Example to Follow
 - iv. Command to Obey
 - e. Create an "I will" statement
 - f. Application almost always requires accountability

Put it into Practice:

- For next week, decide a method or two you want to try out and then do it! Journal your thoughts on the method and how it worked or didn't work for you. Share your thoughts with others!
- Or choose a 7 day Bible reading plan on a Bible app you all use and read through it together for that week.