# CROSS (1) CHURCH

MAY 06–07, 2023 **SPRING TRAINING:** SESSION 3–SPIRITUAL CARDIO TRAINING

PSALM 119, 1 SAMUEL 17:50, HEBREWS 4:12, EPHESIANS 6:17

**PSALM 1:1-3** Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.

# THE WORD OF GOD WILL:

- 1. Develop fruit that lasts.
- ROMANS 10:1-3
- 2. Sustain you.
- 3. Prosper you.

ROMANS 10:17, 2 TIMOTHY 3:16

# HOW TO STUDY THE WORD OF GOD:

1. Prioritize His Word.

JOHN 1:1

## 2. Pray over His Word.

- 1 CORINTHIANS 2:9-14
- 3. Probe His Word.

# STUDY TOOLS:

- Concordances
- Commentaries
- Bible Dictionaries
- Study Bibles
- Topical Bibles

## WHEN STUDYING, CONSIDER:

- The Full Story
- History

- God's sovereignty
- Wisdom from other believers
- Social settings

### 4. Personalize His Word.

WE PERSONALIZE THE WORD BY APPLYING THE WORD.

S.O.A.P **S**cripture **O**bservation **A**pplication **P**rayer

## **APPLICATION QUESTIONS:** Is there a...

**P**rayer I need to pray, Promise I need to stand on, or Praise I need to give?

**E**xample I need to follow?

Attitude I need to change?

**C**onfession I need to make to God? **E**rror I need to avoid?

What is the Holy Spirit speaking to me today, and how can I apply it?

#### CROSSWALK CLASSES

IN PERSON Sunday at 10:15 AM crosschurchhouma.com /crosswalk

WOMEN'S NIGHT MAY 11 AT 7PM

No need to sign up!

#### DIVE NIGHT 7TH GRADE-12TH GRADE Wednesdays at 7PM

in the Family Ministry Building

#### VBS SERVE SIGN UP

JUNE 19-23 Sign up to serve! crosschurchhouma.com /signup

#### **SMALL GROUP** LEADER

LEAD A GROUP! Sign up to lead crosschurchhouma.com /smallgroups

#### VBS CHILD REGISTRATION

JUNE 19-23 Register your child to attend! crosschurchhouma.com /sianup

#### CROSS KIDS PRE CHECK-IN

AVOID THE LINES BY PRE CHECKING IN YOUR KIDS ONLINE! crosschurchhouma.com/checkin

WATCH THE LATEST MESSAGES AND GET CONNECTED! Cross Church Houma App | crosschurchhouma.com