

# Improving Our Spiritual Habits

Adult Bible Class  
February 16, 2020

As Christians, we *know* that we're supposed to study the Bible. We're supposed to "meditate on the Word." But do we? How often do you give yourself over to just reading the Word and allowing it to inform and guide your life? How much of your devotional time is spent in the Word? Or do you rely on resources like *Portals of Prayer* or other devotional material? Where do you fall?

I read and meditate on the Word daily

I rarely spend private time in the Word

What works for you when it comes to Bible Study?

What makes Bible study difficult or unattainable for you?

A few Bible Study Techniques:

- 1. **Focus through writing the Word**
- 2. **Lectio Divina**
- 3. **Discursive Meditation**
- 4. **Breath Prayer**
- 5. Character Studies
- 6. Topical Studies
- 7. Word Study
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_

**A Chance to Practice – Scripture Focus**

Psalm 119:33-40

**33** \_\_\_\_\_  
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**34** \_\_\_\_\_  
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**35** \_\_\_\_\_  
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**36** \_\_\_\_\_  
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**37**

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**38**

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**39**

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**40**

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**Evaluate**

1. Did this exercise work for you? Why? Why not?
2. Were you able to focus on the prayer for the full 5 minutes?
3. Would you do this again?