

Spiritual Disciplines

Developing Habits That Will Change Your Life

Week 2: Hands-On Time with God

Scripture:

Psalm 119:9 (ESV) How can a young man keep his way pure? By guarding it according to your word. **10** With my whole heart I seek you; let me not wander from your commandments! **11** I have stored up your word in my heart, that I might not sin against you.

Psalm 119:105 (ESV) Your word is a lamp to my feet and a light to my path.

Proverbs 30:5 (ESV) Every word of God proves true; he is a shield to those who take refuge in him. **6** Do not add to his words, lest he rebuke you and you be found a liar.

Colossians 3:16 (ESV) Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

Hebrews 4:12 (NLT) For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. **13** Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

Motivation (Why You Need to Know It):

Tom and Jeff Sharing their Experiences...

- **Sharing about our Spiritual Discipline Journey**
- **Sharing about dry times in reading** (neglect; going through the motions; sin)
- **Sharing about expectations**

Illustration – Pinterest; filters

God Moment vs. Reality (“Hot mess”)

- ✓ God is still speaking
- ✓ Opposition (distractions, enemy, calendar, stresses)
- ✓ Roller Coaster Christianity

Information (What You Need to Know):

Practical Insights for Bible Reading...

- **Time in the Word**
 - Start with 20-30 minutes (an episode of a TV show)
 - Supplies (Bible, pen/highlighter, ruler)
 - Study Resources
 - **BIG Question** - What if I miss a day or weeks?

- **Interacting with the Word**
 - Good introduction to the book (Insight for Living; Bible Recap; Study Bible; The Bible Project)
 - HEAR Method
 - God-Oriented vs. Self-Oriented

- **Applying the Word**
 - What does this say about God?
 - ✓ Who is God?
 - ✓ What does He do?
 - ✓ What does He hate/love?
 - What does God want me to think/understand?
 - What does God want me to believe?
 - What does God want me to desire?
 - What does God want me to do?

Application (What You Need To Do):

Challenge to read the Bible