



WELCOME TO THE

table



FOR TIME

Practices of Grace from the Giver of Grace



28 And one of the scribes came up and heard them disputing with one another, and seeing that he answered them well, asked him, “Which commandment is the most important of all?” 29 Jesus answered, “The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. 30 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ 31 The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

Mark 12:28-31



The Discipline of Study

“The purpose of the Spiritual Disciplines is the total transformation of the person. They aim at replacing old destructive habits of thought with new life-giving habits. Nowhere is this purpose more clearly seen than in the Discipline of study. The apostle Paul tells us that we are transformed through the renewal of the mind (Rom. 12:2). The mind is renewed by applying it to those things that will transform it. “Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things” (Phil. 4:8). The Discipline of study is the primary vehicle to bring us to “think about these things.”

-Richard Foster



What is Study?

“Study is a specific kind of experience in which through careful attention to reality the mind is enabled to move in a certain direction.”

-Richard Foster, Celebration of Discipline

Study happens in 4 steps:

1. **Repetition:** Channeling the mind in a specific direction; ingrain habits of thoughts
2. **Concentration:** Focusing attention on what is being studied. Centering the mind.
3. **Comprehension:** Focusing on the knowledge of the truth. The “eureka” moment that leads to insight & discernment.
4. **Reflection:** Defining the significance on what is being studied. Brings ourselves to see things from God’s perspective. This is where we not only understand the subject matter—but ourselves.



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*Gk. **Dianoia** → means thought, intention, intellect, understanding*
*and with all your **mind** and with all your strength.’ 31 The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”*

To pursue the Lord with our minds is to enjoy him intellectually—but for the ultimate purpose to love and worship him with our lives.

Mark 12:28-31



Study invites us to devote our minds to knowing God.

“I But I, brothers, could not address you as spiritual people, but as people of the flesh, as infants in Christ. ² I fed you with milk, not solid food, for you were not ready for it. And even now you are not yet ready, ³ for you are still of the flesh. to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but *be transformed by the renewal of your mind*, that by testing you may discern what is the will of God, what is good and acceptable and perfect. -Rmns. 12:1-2

What we study determines the kind of habits that are formed. Our “thinking” forms our habits.



Study propels us to Christian Maturity.

But I, brothers, could not address you as spiritual people, but as people of the flesh, as infants in Christ. 2 I fed you with milk, not solid food, for you were not ready for it. And even now you are not yet ready, 3 for you are still of the flesh. -1 Cor. 3:1-3a

Worship through your Study:

- **Study Actively & Slowly**
 - *Be present & put away distractions*
- **Ask questions of the Text**
 - *Who is God? (Theology)*
 - *What has He done? (Christology)*
 - *Who are we? (Ecclesiology)*
 - *What are we to do? (Missiology)*
- **Study Communally**
 - *Take advantage of Missional Communities & Mens/Womens Bible Studies*



The Discipline of Study

“There may be some people who have the gift of the eye who can actually see what is going on, but the eye is useless all by itself. The eye needs to hear from the ear and from what the hand is feeling, and how the heart is beating. And it’s only when you get together in a group that people with particular types of insight have them honed, sharpened, and shaped. One has to relish the corporate nature of that –and that isn’t to squelch the individual contribution. It actually enhances it. The individual is more because they are part of this group.”

-N.T. Wright



Study stokes our mind to devotion.

I will *meditate on your precepts* and fix my eyes on your ways. Ps. 119:15

Even though princes sit plotting against me, your servant will *meditate on your statutes*. Ps. 119:23

Oh how *I love your law!*
It is my meditation all the day. Ps. 119:97

I have more understanding than all my teachers, for *your testimonies are my meditation*. Ps. 119:99

How sweet are your words to my taste, sweeter than honey to my mouth! Ps. 119:103

Your word is a lamp to my feet and a light to my path. Ps. 119:105

Study & Meditation are two separate disciplines yet intricately wed together.

Study —> Dissects/Analyzes the Text

Meditation —> relishes in the Text devotionally



Study reminds us to not be satisfied with mere intellectual awareness of God, but to be transformed by Him.

“And this is eternal life, that they *know* you the only true God, and Jesus Christ whom you have sent” -Jhn. 17:3

Know—> Gk. ginōskō —> continual growth in the knowledge of God; Experiential knowledge

“You believe that God is one; you do well. *Even the demons believe-and shudder!*”
-Jms. 2:19

A mind of intellectual awareness of God devoid of a transformative heart/soul emotional embrace of God is a terrifying place to be



Study reminds us to not be satisfied with mere intellectual awareness of God, but to be transformed by Him.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, *but be transformed by the renewal of your mind*, that by testing you may discern what is the will of God, what is good and acceptable and perfect. -Rmns. 12:1-2

“A mindless Christianity is no Christianity at all.”

-RC Sproul





FOR ME

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