

The Second Sunday in Lent ~ Sunday, February 28, 2021

“Practising the Spiritual Disciplines ~ Biblical Intake”

Psalm 119:1-24

The classical spiritual disciplines are those practices found in Scripture that promote spiritual _____ among believers; they’re the habits of _____ and experiential Christianity that have been practised by the people of God since biblical times that call us to move beyond _____ living into the depths of the heart, and to explore the inner caverns of the spiritual realm.

The purpose of practising the disciplines is the pursuit of _____.

“Discipline yourself for the purpose of godliness.” (1 Timothy 4:7)

Godliness can be defined as both _____ to Christ and _____ to Christ. A conformity that’s both inward and outward—to both the _____ of Christ and the _____ of Christ.

God’s Word is described as spiritual _____—and is compared to the water, milk, bread, and meat of the spiritual life—everything we need for spiritual _____.

In the Bible, God tells us about Himself—about His _____ and character. In the Bible, we encounter God’s love, mercy, _____, and forgiveness—most fully expressed in His Son, Jesus. The Bible unfolds the Law of God to us and shows us how we’ve all broken it and fallen _____ of His glorious standard. The Bible shows us how Christ died as a sinless, willing _____ for breakers of God’s Law and how we must _____ and believe in Him in order to be _____ with God. The Bible teaches us the ways and _____ of the Lord—how we can know Him more; how we can live as He’d have us live, and what brings the most joy and _____ in life. The Bible is the depository of all of God’s _____.

3 WAYS TO FEED ON GOD’S WORD

#1. We need to _____ God’s Word.

“So faith comes from what is heard, and what is heard comes through the word of Christ.” (Romans 10:17)

This verse speaks to the _____ of the spoken Word of God and the power of _____ and receiving it into our hearts and minds

When the Bible is read out loud, the _____ of God’s Word pierces the

darkness and cuts through all the noise and distractions of the world. It’s like an arrow that can’t _____ its mark.

“...so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.” (Isaiah 55:10-11)

We live in a fast paced, visual world, that has trained us to seek instant _____ at every turn. If we don’t discipline ourselves to actually hear God’s Word regularly, we may hear it only _____, when we feel like it, or never at all; thereby limiting God’s _____ power within us.

“Blessed are those who hear the word of God and keep it!” (Luke 11:28)

The purpose of the discipline of biblical intake is to _____ what God says, thereby developing _____.

“Be doers of the word, not hearers only who deceive themselves.” (James 1:22)

Hearing God’s Word isn’t a _____ activity. It’s a discipline to be cultivated. What I mean by that is, we need to actively _____ the soil of our hearts and minds to receive God’s Word, so that it can take root, grow, and eventually bear fruit in our lives.

“Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching.” (1 Timothy 4:13)

**Is hearing God’s Word important to you?
Is it a discipline that you regularly practice in your life?**

#2. We need to _____ God’s Word.

“Have you not read this scripture: ‘The stone that the builders rejected has become the cornerstone...’” (Mark 12:10)

Jesus _____ that those who claimed to be the people of God would have _____ the Word of God.

“Man shall not live by bread alone, but by every word that comes from the mouth of God.” (Matthew 4:4)

If Paul’s words in 2 Timothy 3:16 that “...all Scripture is God-breathed and profitable for teaching, for reproof, for correction, and for training in righteousness...” are _____, shouldn’t we read “all Scripture,” and not just the easy parts, the parts we _____ with, or understand?

Many believers suffer from failure to _____—from a lack of spiritual food—because they either don’t make the time or know _____ to read the Bible in order to get the spiritual nourishment that they need.

3 SUGGESTIONS FOR DAILY BIBLE READING

- _____ **the time.**

One of the main reasons we fail to read through the entire Bible is _____. Daily Bible reading is primarily a matter of discipline and _____. We need to discipline ourselves to make the time to prioritize Bible reading everyday.

- **Find a Bible reading _____ to help organize your study.**

When you are reading in both the OT and NT each day, the _____ makes it easier to stay engaged and to keep up the momentum.

- **Find a _____.**

Sometimes we can read the words without _____ anything in—especially if we are distracted or rushed. Take at least one thing you read—a key word, phrase, verse, or theme—and think about it or a few minutes. Doing so will deepen your _____ into God’s Word and help you to better understand how to _____ it your life.

Is reading God’s Word important to you?

Is it a discipline that you regularly practice in your life?

#3. We need to _____ God’s Word.

“I have hidden your word in my heart, that I might not sin against you. I praise you, O Lord; teach me your decrees. I have recited aloud all the regulations you have given us. I have rejoiced in your laws as much as in riches. I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your word. Deal bountifully with your servant, that I may live and keep your word.” (Psalm 119:11-17)

“Understanding your Word brings light to the minds of ordinary people.” (Ps 119:130)

It isn’t enough to just hear and read God’s Word, we also need to engage with it on a _____ level in order to glean its _____.

“Reading gives us _____, but study gives us _____.”

HAVING A HEART FOR BIBLICAL STUDY: 3 EXAMPLES

- _____, the priest who read the Law for the first time after the

return of the exiles from Babylon.

“For Ezra had set his heart to study the Law of the Lord, and to do it and to teach his statutes and rules in Israel.” (Ezra 7:10)

Before he taught the Word of God to the people of God, Ezra _____ what he learned from his own _____. And before he studied, he first “set his heart,” to study. In other words he _____ himself.

- **Paul and Silas in _____.**

“Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so. Many of them therefore believed, including not a few Greek women and men of high standing.” (Acts 17:11)

The willingness to study the Scriptures daily is commended here as _____ character.

- _____ **in a Roman prison.**

“When you come, bring the cloak that I left with Carpus at Troas, also the books, and above all the parchments.” (2 Timothy 4:13)

Most scholars believe that the “parchments” that Paul requested would have been copies of _____.

After everything he’d experienced, Paul never stopped _____ the Scriptures, but continued to feast on them daily up until his last breath.

The problem for many people is an _____ about how to study the Bible or even where to _____. The basic difference between reading and studying the Bible is simply a pen and paper—or some other means of _____ your thoughts!

Tools for Biblical study:

Don’t let feelings of _____ keep you from the delight of learning the Bible on your own. Don’t settle for spiritual food that as been _____ by others.

Experience the _____ of discovering biblical insights firsthand through your own Bible study.

Is studying God’s Word important to you?

Is it a discipline that you regularly practice in your life?