

The 5th Sunday in Lent ~ Sunday, March 26, 2023

“Cross Training: Training in God’s Word”

James 1:19-27

If we want to be strong spiritually—if we want to have the strength we need to fight the good fight and to run the race set before us—we need to make sure we’re getting enough spiritual _____.

The Bible is more than just a book or words on a page—it’s our spiritual _____.

Several places in the Bible, God’s Word is described as spiritual food—and is compared to the water, milk, bread, and meat of the spiritual life—everything we need to give us the spiritual _____ to effectively run the race that God has set before us. However, in order to get this sustenance, we need to _____ on it.

The problem is, we can get so _____ with the busyness of life that we don’t have time, or we forget to feed on God’s word—except on Sunday morning. When this happens, we become spiritual _____, and our spiritual muscles won’t grow and will eventually _____.

The same is true for the spiritual life. If we feed on God’s Word—if we read and study it—but fail to put it into _____, we’ll be fat with knowledge, but spiritually _____. Like our physical health, when it comes to the spiritual life, we also need a _____ between input and output.

And so, the Bible is more than just a book, words on a page, or our spiritual food—it also has the power to change and _____ us. The ultimate goal of feeding on God’s Word—on reading, studying, memorizing, and meditating on it is _____—living it out in our daily lives.

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

The Bible needs to have its full _____ on us. This _____ between hearing and doing is the same as the balance needed between input and output; diet and exercise.

We need to seek to _____ God’s Word into our daily life.

BALANCING HEARING & DOING GOD’S WORD

#1. Balancing the hearing and doing of God’s Word means: _____
_____.

We need to seek to make God’s Word the _____ of our lives.

UNRELIABLE FOUNDATIONS

- _____ - “**If everyone else is doing it, it must be right.**”

“Don’t follow the crowd in doing wrong...” (Exodus 23:2)

- _____ - “**That’s the way I’ve always done it.**”
“You abandon the commandments of God to follow human traditions.”
(Mark 7:8)

- _____ - “**If it makes sense logically, it must be right.**”

“Sometimes there is a way that seems to be right, but in the end it is the way to death.” (Proverbs 15:25)

- _____ - “**If it feels right, do it.**”
“At that time there was no king in Israel and people did whatever they felt like doing.” (Judges 21:25)

To build on these options is to build on _____.

“And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!” (Matthew 7:26)

Instead of building our lives on the things of this world—on shifting sand—we need to build them on _____. God’s Word provides a solid foundation because unlike the ways of the world, God’s truth never _____.

Popular opinion changes, but God’s _____ doesn’t, and if we build our lives on it, we’ll be able to _____ the storms of life.

“Therefore, everyone who hears what I say and obeys it will be like a wise person who built a house on rock. Rain poured, and floods came. Winds

blew and beat against that house. But it did not collapse, because its foundation was on rock.” (Matthew 7:24-25)

“Lord, I might not always understand your word; I might not always agree with it or like it; but I’m going to build my life on it because I know it’s the truth.”

#2. Balancing the hearing and doing of God’s Word means: _____
_____.

God’s Word isn’t just food for our soul, it’s also a _____ for living. The standard by which we _____ everything else in our life. The standard through which we _____ the world around us: our circumstances and other people. And the standard by which we make decisions and _____ our lives.

“Blessed is the one who doesn’t walk in the counsel of the ungodly, but who meditate on the word of God.” (Psalm 1:1)

We need to seek to be _____ in our everyday lives, and not automatically accept what others tell us, or what the world values, as truth. We need to decide whose _____ we’re going to take: the world’s or God’s.

“Don’t be nitpickers, but use your head and heart to discern what is right, to test what is authentically true.” (John 7:24 MSG)

We’re not called to be _____ or skeptics—we’re not called to run around and talk about how awful the world is. We’re called to use the brain that God has given us to discern His _____ in every situation we find ourselves in and to seek, with His help, to live _____ that will.

“Live your life in a manner worthy of the gospel of Christ.” (Phil 1:27)

As followers of Jesus, we’re called to live by a different _____; to swim against the stream. We’re called to be in the world, but not of it.

“Lord, help me to pattern my life after yours, and to measure myself by your standard and not the world’s.”

#3. Balancing the hearing and doing of God’s Word means: _____
_____.

The Parable of the Soils (Luke 8:4-15)

The 4 soils represent:

- The hardened soil =
Action: We need to cultivate an _____.
- The shallow soil =
Action: We need to let it go _____. We need to make time for it.
- The soil with weeds =
Action: We need to eliminate the _____.
- The good soil =

“And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down deep in him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught..” (Colossians 2:6)

“Lord, prepare my heart and mind to receive your Word; clear away anything within me that keeps it from taking root and bearing fruit.”

Notes: