**Daily Bible Study**

*Psalm 1, Josh. 1:8*

**INTRODUCTION:**

A critical part of any Christian’s spiritual growth is the habit of daily Bible study. This is because the Bible is unlike any other book on earth. It is a living book, the words of which are the very breath of God. (2 Tim. 3:16) Just as God’s breath gave life to Adam in the garden of Eden, his breath has inspired the words in our Bible which give vitality to our spirit.

Even though a daily time in the Bible is critical to every Christian, most will struggle either to develop or to maintain this discipline. Some of the reasons for this are very likely because the Christian doesn’t realize how important it is or they are not sure how to go about studying the Bible in a meaningful way.

So, our goal in this study is to emphasize the reasons why Bible study is important and also to offer some practical guidance concerning how to go about studying the Bible in a way that you will find to be meaningful.

1. **THE IMPORTANCE OF THE WORD IN THE LIFE OF A BELIEVER**
   1. It nourishes
      1. Psalm 1:1-3 – Like water to a tree
      2. 1 Peter 2:2 – Like milk to a newborn baby
   2. It cleans us up (by way of convicting us of sin)
      1. Psalm 119:9-11
      2. John 15:3; 17:17
      3. Ephesians 5:26
   3. It guides us in the right way (Psalm 119:105)
   4. It empowers us
      1. Joshua 1:8 – If Joshua would meditate day and night and follow the Word, he’d have prosperity and success in his battles.
      2. Ephesians 6:10-17 – It’s the sword in our spiritual battle.

How does the Word practically empower us?

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* 1. It is commanded that we be in the word
     1. Joshua 1:8 – It wasn’t a recommendation, but a command.
     2. Colossians 3:16 – We are to let the word dwell in us richly (not poorly).

What is the difference between it dwelling richly vs. poorly? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. John 8:31-32, 47 – Continuing in His Word is what disciples do.

1. **PRACTICAL ADVICE ON DEVELOPING THE DISCIPLINE OF DAILY BIBLE STUDY.**
   1. Recognize that Bible Study is a discipline (Definition: orderly or prescribed conduct or pattern of behavior; self-control)
      1. 2 Peter 1:5 – Implies that growth takes some diligence on our part
      2. Definition of diligence – eagerness, earnest carefulness

Why does this take so much discipline and diligence? Shouldn’t it come more naturally? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. You are going to have to make an effort, especially at first
    2. Habits – most commonly it is said that it takes 21 days
  1. Practical How To’s
     1. Designate a time and a place (i.e. – living room from 7-7:30, etc.)
     2. Remove distractions

What kind of distractions will we need to guard from? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1. Pray first – for the Holy Spirit to illuminate your mind to the scripture
       1. Ask, “God, will you show me your message to me today?”
    2. Begin reading – anticipating God to speak to your heart.
       1. In other words, expect to get something meaningful out of your Bible reading.

***NOTE****: What does it mean for God to “speak to your heart?” This can confuse and even discourage some people. The voice of God isn’t to be thought of as some magical or mystical voice from the sky. It is simply when a certain portion of his Word seems to be highlighted in your heart as having application to you and your life. (Teacher: you may want to try and elaborate here a bit more. Make sure the student doesn’t have a false expectation for a charismatic experience and wind up discouraged because that isn’t happening.)*

* + 1. Meditate on what the Holy Spirit emphasizes as meaningful:
       1. Stop, read it a few times over again, and think about it (meditate).
       2. Helpful questions to prod your meditation of a passage:
          1. What does this passage mean?

Consider the context – what has the overall chapter or story been about?

Invest in a Bible dictionary, look up the meaning of words you don’t understand (Strong’s).

Ask the Lord to help you understand the meaning.

* + - * 1. What difference should it make in my life?

Is there a command to follow?

A promise to cling to?

* + 1. Write your thoughts down in a journal.

How can journaling (writing down what the Lord speaks to you about) be a help in this process? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1. Don’t allow Bible reading to become a toilsome duty.
     1. This isn’t to be a work; it shouldn’t be something on which your acceptance to God depends.
     2. It is simply communion with God (talking and listening like in any healthy relationship).

**MAIN POINT**: A Christian that rarely picks up the Bible is sure to be stunted in his or her growth. If you are to grow normally and naturally, you must allow yourself to receive the proper nourishment from the Bible.

**APPLICATION:**

1. Make a pledge or commitment to Christ that you are going to start reading and studying your Bible this week.
   1. It may be helpful to make a 3-week commitment. (since habits are formed in 21 days).
   2. Perhaps you have neglected time with Christ and you need recommit.
2. Think even now of a particular time and place that you could begin; set an “appointment.”
3. Attend church all three church services; approach sermons and lessons similarly.
   1. Ask God to show you his message to you.
   2. Plan to take notes to aid your attentiveness.
   3. As he speaks to your heart with his message, respond in prayer at the altar.