



Rooted in Jesus: *Anchoring Discipleship in Truth*

Apostolic Christian Counseling & Family Services
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Spiritual Formation

The process of the Holy Spirit, with our cooperation, bringing us into a deeper relationship with God and conforming us to be more like Jesus.

John 10:10

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."

Bible Study & Meditation



The Holy Bible

WHAT IS IT?

The Bible is not:

- An instruction manual.
- A self-help book.
- Meant to bring a specific emotional reaction.

Psalm 119:105

"Thy word is a lamp unto my feet, and a light unto my path."



What is the Bible?

- A library of writings.
- Ancient writings written in a different time and in a different culture.
- God's revelation of himself.
- 2 Timothy 3:16-17 *"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work."* (NLT)

The Holy Bible

WAYS TO ENGAGE IT?



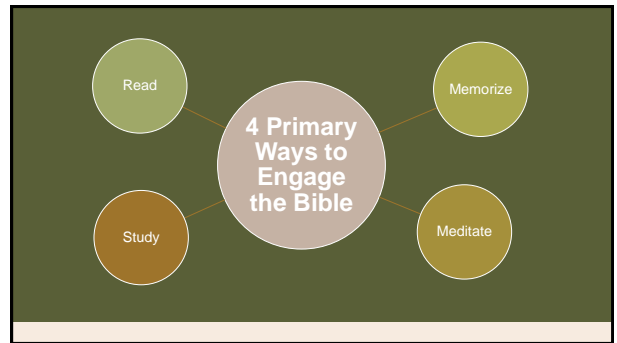
4 Primary Ways to Engage the Bible

Read

Memorize

Study

Meditate

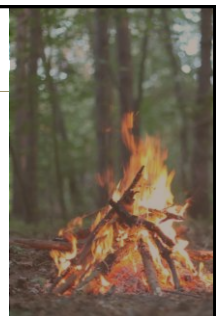


Posture over Technique

1. Assume More
2. Develop habit of asking questions.
3. Action/Understanding not always the point.

Bible Meditation

- Hagah: to murmur, by implication to ponder.
- Meditation: lingering in the word until it has left the page, saturated our thinking, and affected our loves and aligned our living.
- To sit with the word as we would a warm fire.



Bible Meditation

- *John 15:5 "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing."*

Meditation

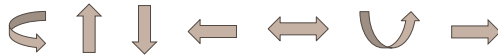
- Read aloud several times
- Ponder
- Pray
- Purpose

Bible Study

- Interpretation
 - What is the meaning?
 - Looking at something doesn't mean you have seen it.
- Hermeneutics
 - Word Study
 - Patterns and Repetition
 - Genres
- Resources



7 Arrows

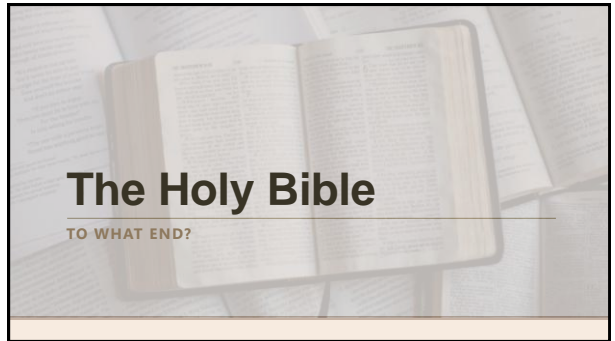


- What does the passage say?
- What does the passage tell me about God?
- What does the passage tell me about humans?
- What did the passage mean to the original audience?
- What does that passage tell me about how to relate to others?
- What does the passage prompt me to pray?
- What does this passage demand of me?

From: Matt Rogers and Donny Mathis

The Holy Bible

TO WHAT END?



Time Engaging the Bible is Not:

- A measure of your spirituality.
- A way to earn God's favor.

Desired Outcome of Bible Study and Meditation

- Understanding
- Worship
- Delight
- Transformation

Psalm 1

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. The ungodly are not so: but are like the chaff which the wind driveth away. Therefore, the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the Lord knoweth the way of the righteous: but the way of the ungodly shall perish."

John 10:10

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."