

Spiritual Disciplines – Lesson 1 Workbook

Study

Memory Work

"I have hidden your word in my heart that I might not sin against you." Psalm 119:11 (NIV)

The Goal of Study

1. What does Romans 12:1-2 say is the goal of studying God's Word?

2. According to Psalm 119:11, what other purpose is there for studying God's Word?

The Meaning of Study

1. What does Deuteronomy 11: 18-20 say about studying God's Word?

2. Read Luke 5: 16. How should we study God's Word?

3. Read Acts 8: 30,31. To what extent should we study God's Word?

4. Read James 1: 22. What must happen once we understand the Scriptures?

Three questions to guide your study:

- What is Being Said? (assumes habit, takes focus)
- What Does it Mean? (leads to insight)
- What Should Be Done Because of it? (causes reflection, leads to change)

Three actions to expand your study:

- Pray about it (ask God to give you insight)
- Think about it (ask yourself what's being said, ask questions)
- Talk about it (ask other people what they think)

Practice:

Luke 8: 40-56

1. What do you find interesting about this passage?

2. What questions do you have about this passage?

3. Where might you go for answers to these questions?

4. What are some application points that can be made here?

Homework:

- Memorize Psalm 119: 11
- Pick a passage from the Bible each day this week and study it using the ideas learned from this lesson.
- Continue to pray for God to help you understand His Word and to be able to apply it to your life.