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Spiritual Disciplines: Bible Study #1

Teacher: Pastor Joshua Kirstine

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**HANDOUT NOTES**

* **Introduction**

The spiritual disciplines are practices we find in holy Scripture that honor God in our doing and promote spiritual growth in the gospel of Jesus Christ among believers. They are practices or habits that Christians prioritize because it aids us to cling more to Christ and grow in Christlikeness.

**1 Timothy 4:7** (NASB) … discipline yourself for the purpose of godliness

**1 Timothy 3:14-15** I hope to come to you soon, but I am writing these things to you so that, if I delay, *you may know how one ought to behave in the household of God, which is the church of the living God, a pillar and buttress of the truth.*

* **What Is God’s Word?**

**2 Timothy 3:16-17** All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

**2 Peter 1:21** For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

**Psalm 119:9-11** How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.

**Psalm 19:7-11** The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the ordinances of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover by them is thy servant warned; in keeping them there is great reward.

* **Practical Benefits of Bible Study**
* **God’s word is instruction of what not to do**
* **God’s word is instruction of what to do**

**Romans 15:4** For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

* **God’s word is His love letter to us**
* **The Specific Benefits of the Word of God**
* **The benefit of life**

**Matthew 4:4** ... “Man shall not live by bread alone but by every word that proceeds from the mouth of God"

**Romans 10:17** So faith comes from hearing, and hearing through the word of Christ.

Our “life” begins with the word and our soul is nourished by its words.

* **The benefit of wisdom (God’s word grows us)**
* **Life Doesn’t Happen Without the Word of God**
* **Physical life begins by the word of God**

By His word we were created (**Hebrews 11:3**).

**Hebrews 1:3** ... he upholds the universe by the word of his power ...

* **Our spiritual life begins by the word of God**

**James 1:18** of his own will he brought us forth by the word of truth ...

**1 Peter 1:23** (RSV) You have been born anew ... through the living and abiding word of God

**Romans 10:17** Sofaith comes from hearing, and hearing through the word of Christ.

**John 8:31-32** (NIV) … Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

* **We go on living by God’s word**

**Matthew 4:4** "Man shall not live by bread alone,

but by every word that comes from the mouth of God."

* **Why Is it Important that We Faithfully Study God’s Word?**
* **God’s word revives the soul**

**Psalm 19:7** The law of the Lord is perfect, reviving the soul ...

**Psalm 23:2-3** ... He leads me beside still waters. He restores my soul ...

* **God’s word is the source of our sanctification**

**Philippians 2:15-16** Do all things without grumbling or disputing,that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world

**John 17:17** “Sanctify them in the truth; your word is truth.”

* **God’s word is the light for our path**

**Psalm 119:105** Your word is a lamp to my feet and a light to my path.

* **God’s word is the authority of our lives**

**2 Timothy 3:16** All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness

**John 14:23-24** Jesus answered him, "If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. Whoever does not love me does not keep my words. And the word that you hear is not mine but the Father’s who sent me.”

**Proverbs 13:13** Whoever despises the word brings destruction on himself, but he who reveres the commandment will be rewarded.

**2 Timothy 4:3-4** For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths.