Discipleship Pathway

KNOW GROW GO



SPIRITUAL PRACTRICES

TABLE OF CONTENTS

Spiritual Disciplines Overview	3
How to Study the Bible	4
Engagement with Scripture	11
Reading Plan	13
Memorization	15
Journaling	16
5 Fingers	17
Model Prayer	18
Listening Prayer	19
Prayer Walk	20
Fasting	21
Sabbath	22

SPIRITUAL DISCIPLINES OVERVIEW

HOW TO STUDY THE BIBLE

1. Approaching the Bible

> *"Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth."*
>
> 2 Timothy 2:15

a. Why _____ the Bible matters? It's God's word, His voice, His thoughts, His heart revealed to us! You are not just reading ink on paper, but you are reading the living words of the sovereign God and creator of all things. Heb. 4:12 tells us, "*The word of God is living and active.*"

Studying the Bible helps you:

- Know God's _____
- Stand firm on His _____
- Recognize _____ teaching
- Grow a _____ that is grounded

b. Goal of Bible Study?

The ultimate goal of Bible study is _____. By thoroughly reading and understanding the Word of God we are equipped to grow in our love for God and to grow in our discernment of how to live as faithful followers of our Lord, Jesus Christ. And in so doing, be transformed more and more into the image of Jesus. (Matt. 22:37-40; Rom. 8:29; 2 Peter 3:18)

So how do we move from surface level reading to true understanding? That's where the Inductive Bible Study Method comes in.

c. How to study God's Word?

Inductive Bible Study is simply a method of coming to the bible without an agenda and reading a passage to understand God's agenda! There are three steps to Inductive Bible Study:

- _____ – what does it say
- _____ – what does it mean
- _____ – what does it mean for me

HOW TO STUDY THE BIBLE (CONT.)

d. How to approach Inductive Bible Study?

Always begin your Bible study with _____ (1 Cor. 2:14)

Three ways we undermine the Bible's power in our lives:

- _____ to read it
- Reading it without relying on the _____ power to help us understand it
- Reading it but not _____ what we read

Hurtful attitudes that hinder Bible Study

- The _____ attitude
- The _____ attitude
- The _____ attitude
- The _____ attitude

Helpful attitudes that encourage Bible Study

- The _____ attitude
- The _____ attitude
- The _____ attitude
- The _____ attitude

2. What is the Inductive Bible Study Method?

There are three steps to Inductive Bible Study - Observation (O); Interpretation (I); Application (A). Otherwise known as OIA. These steps are progressive in that you always begin with Observation, move to Interpretation, and only then can you move to Application.

HOW TO STUDY THE BIBLE (CONT.)

a. _____ – Discover what it says! Learn to be a _____

The first step is observation, seeking to answer the question:
What does the text say?

Observation is accomplished through a slow, careful, focused effort of reading the text to see what it says – nothing more.

To do so means to read and answer the 5 W's and H: Who, what, when, where, why, and how.

_____? – the writer, the recipients, the characters involved in the action, characters not directly involved in the action, people addressed in the passage.

_____? – key ideas, theological terms, important words, figures of speech,

_____? – places mentioned, buildings, cities, nations, landmarks.

_____? – duration of the action, when in biblical history, past, present, or future.

Read and look for key people, words and phrases, lists, contrasts and comparisons, repetitions, causes to effects, explanations, illustrations, commands, promises, genre of passage (e.g. history, law, poetry, narrative, parable, prophecy, etc.).

Guidelines for effective Observation

- Look for patterns
- Mark linking words (e.g. for, so that, therefore, and, but, etc.)
- Write down connections to other passages in scripture
- Note connections to time and place
- Note conclusions (e.g. thus, for this reason, etc.)

HOW TO STUDY THE BIBLE (CONT.)

b. _____ – Discover what it means. Be an _____

The second step is Interpretation, seeking to answer the question:
What does the text mean?

Interpretation is accomplished through seeking to understand what the author is trying to communicate. Look for the _____ God intended to communicate in this passage.

"The primary purpose of interpretation is to discover what the author meant by what he said, to discover his purpose and message. When trying to interpret, we are not to think what the passage means to us, but what it seemed to mean to the author." (Oletta Wald, The Joy of Discovery)

Guidelines for Effective Interpretation

- Let Scripture interpret Scripture
- Interpret the Bible literally
- Interpret the Bible grammatically
- Interpret the Bible in its historical setting
- Interpret the passage in its context
- Never base interpretations on an obscure passage of scripture
- Look for the main message of the passage

Helpful Tools (books or online)

- Study Bibles
- Concordances
- Bible dictionaries
- Commentaries

HOW TO STUDY THE BIBLE (CONT.)

c. _____ – Discover how it works. Be a _____

The next step is Application, seeking to answer the question:
What does it mean to me?

Once you understand what the passage teaches, you are then responsible before God to accept that truth and to live by it.

A passage will have cut and dry facts and a singular meaning, but the way we apply the text will be _____. How one person applies that interpretation will undoubtedly be different than how another person applies it. Proper application will then lead to transformation.

"*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 Tim. 3:16-17

Scripture will always teach what is right, show us where we are wrong, show us how to correct, and train us in right living so that we are complete, fully equipped for every good work.

Helpful questions to ask for proper application:

- Are you a changed person as a result of receiving the Word?
- Have you yielded your will and desires to God?
- What has God said to you today?
- Do you love God more today than yesterday?
- Is there a sin in your life that needs to be confessed and repented of?
- What promises do I need to claim?
- What can I model and teach?
- What does God want me to share with someone?

HOW TO STUDY THE BIBLE (CONT.)

Reflect on new ways to _____ and _____: What is the main thing God wants me to know from this passage?

1. Is there a new or stimulating thought concerning:
    a. Theology: The nature of God, man, sin, forgiveness, etc.
    b. Society: Its assumptions, values, goals, etc.
    c. The Church: Its nature, call, ethic, mission, etc.
    d. Practical issues: Principles for living.
2. Is there something that strengthens/redirects a previously held belief?
3. Is there a promise to claim? What conditions am I to fulfill? What will the Lord do?
4. Is there something to thank God for or rejoice in?
5. Is there a new thought about the greatness of God or His ways? What do I appreciate about Him? What can I praise Him for?

Reflect on new things to _____: What's the main thing God would have me do as a result of studying this passage?

1. Priorities: What difference does the Lord want to make in the way I use my time, my abilities, and my money?
2. Attitudes: What attitudes of mine does the Lord want to change?
3. Lifestyle: In what ways does the Lord want to change my life?
    a. Is there a command to obey?
    b. Is there an indirect appeal to heed? (much of Scripture consists of indirect appeals: (e.g. "Love is patient.")
    c. Is there a sin to avoid or a warning to take heed of?
    d. Is there an example of godliness or way of life to emulate?
    e. Is there new guidance or direction for an area of my life?

4. Relationships: What difference does the Lord want to make in my relationships? (with Himself, other Christians, non-Christians, spouse, family, friends, co-workers, self)
    a. Is there someone with whom I need to make restitution?
    b. Is there some way I need to love, encourage, support this person?
    c. Is there a matter I need to confront or exhort this person about?

HOW TO STUDY THE BIBLE (CONT.)

3. An opportunity to practice Inductive Bible Study Colossians 1:1-14

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother,
2 To the saints and faithful brothers in Christ at Colossae: Grace to you
and peace from God our Father.
3 We always thank God, the Father of our Lord Jesus Christ,
When we pray for you, 4 since we heard of your faith in Christ Jesus
and of the love that you have for all the saints, 5 because of the hope
laid up for you in heaven. Of this you have heard before in the word
of the truth, the gospel, 6 which has come to you, as indeed in the
whole world it is bearing fruit and increasing—as it also does among you,
since the day you heard it and understood the grace of God in truth,
7 just as you learned it from Epaphras our beloved fellow servant.
He is a faithful minister of Christ on your behalf 8 and has made known
to us your love in the Spirit.
9 And so, from the day we heard, we have not ceased to pray for you,
asking that you may be filled with the knowledge of his will in all spiritual wisdom
and understanding, 10 so as to walk in a manner worthy of the Lord, fully
pleasing to him: bearing fruit in every good work and increasing in the
knowledge of God;
11 being strengthened with all power, according to his glorious might, for all
endurance and patience with joy; 12 giving thanks to the Father, who has
qualified
you to share in the inheritance of the saints in light. 13 He has delivered us
from the domain of darkness and transferred us to the kingdom of his beloved
Son,
14 in whom we have redemption, the forgiveness of sins.

ENGAGEMENT WITH SCRIPTURE

READING PLAN

PRAISE

P is for Pray – *Always start with prayer! Talk to the Lord, "Open my eyes to see Lord…" Psalm 119:18*

R is for Read – *and look for observations, facts, whatever the text is saying and restate it in a few sentences.*

A is for Ask – *questions of the text – Who? What? When? Where? How? What are some questions you have as you come to this passage?*

I is for Interpret – *hard to do, but just with the knowledge you have with your faith, what do you think the answers to your questions might be?*

S is for Summarize – *Be specific and measurable in giving a personal application to yourself.*

E is for Engage – *with God…Pray about what God has showed you in this passage.*

SOAP

S is for Scripture

Take time to read and allow God to speak to you. Pick a verse that particularly spoke to you that day.

O is for Observation

What struck you and caught your attention as you read? What do you think God is saying in this passage? Ask the Holy Spirit to teach you and reveal Jesus to you. What do you observe?

A is for Application

Personalize what you have read by asking yourself how it applies to your life right now.

P is for Prayer

Ask God to help you apply this Scripture to your life and walk in it and listen to what God has to say to you.

ONE CHAPTER A DAY

Just read one chapter of the Bible every day.

If you miss a day or a week, just open your Bible and start fresh again where you left off. Begin again and read a chapter!

SPECS

Put on your "SPECS" and look for the following in the passage:

Sins to confess,

Promises to claim,

Examples to follow,

Commands to obey,

Stumbling blocks to avoid

- **Then write down any new thoughts about God**
- **And any personal application to your life.**

3Q – 3 QUESTIONS

- ***What does God's word say?***
- ***What Does God's word mean?***
- ***How does God's word apply to me?***

READ THROUGH THE BIBLE IN A YEAR

- **Go to riverlakeschurch.org**
- **Under RESOURCES, click on Bible Reading Plan**
- **You may print out a reading plan or follow along digitally**

MEMORIZATION

JOURNALING

5 FINGERS

MODEL PRAYER

LISTENING PRAYER

PRAYER WALK

FASTING

SABBATH