

The Spiritual Disciplines of David Study, Memorization, Meditation

The previous disciplines were toward God. These are from God.

The Word of God

- **2 Timothy 3:16-17** All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness,¹⁷ that the man of God may be complete, thoroughly equipped for every good work.
- **Hebrews 4:12** For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.
- **Psalms 119:105** Your word *is* a lamp to my feet and a light to my path.

3 ways to engage with the Word of God:

Memorization

- **Psalms 119:11** Your word I have hidden in my heart, That I might not sin against You.
- Memorization protects us from sin
- Jesus used it to fight temptation in the wilderness

Meditation

- **Psalms 1:1-3** Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;² But his delight *is* in the law of the LORD, And in His law he meditates day and night.³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.
- The believer that does not listen to the counsel of the world, but chooses to meditate on what God's Word says is strong, unmovable and fruitful.

- Meditation – to think about. Consider. Mull it over. Bring it back up again and again. Talk it out.
- **Psalm 119:15** I will meditate on Your precepts, and contemplate Your ways.

Bible Study

- **Psalm 119:160-162** The entirety of Your word *is* truth, and every one of Your righteous judgments *endures* forever. ¹⁶¹ Princes persecute me without a cause, But my heart stands in awe of Your word. ¹⁶² I rejoice at Your word as one who finds great treasure.
- **Psalm 119:140** Your word *is* very pure; therefore Your servant loves it.
- **Psalm 119:127** Therefore I love Your commandments more than gold, yes, than fine gold!
- **Psalm 119:104** Through Your precepts I get understanding; therefore I hate every false way.

The benefits of Bible engagement are victory over sin, strengthened faith, and joy in the Christian life.

A closer look at Bible Study

5 Levels of Complexity in Bible Study

1. Reading
2. Looking at it in context within the given text and entire Bible
3. Looking at it within context of the original culture
4. Reading the original Greek/Hebrew/Aramaic words
5. Applying it to your life

Galatians 2:20 as example

1. **Galatians 2:20** I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

2. Verses 16-21 speak of that our righteousness does not come from obeying the law, rather our righteousness is by our faith in Jesus.
 - a. Ephesians 2:1-10 speaks of how we once were dead and bound by sin, but now we have been made alive and joined with Christ.
 - i. Romans 4:1-4 says we cannot earn righteousness and **Romans 4:5** But to him who does not work but believes on Him who justifies the ungodly, his faith is accounted for righteousness,
 - ii. So I can see that the life of Jesus in me produces righteousness. What about the crucify part?
 - iii. **1 Corinthians 15:31** I affirm, by the boasting in you which I have in Christ Jesus our Lord, I die daily.
 1. So is this a daily event? – We choose daily whether to live by faith or flesh. So faith in Jesus produces righteousness, because I have died to sin.
3. In ancient Jewish culture, God’s love was towards the Israelites as a people. It was easy for them to believe God loved them, or God loved the world. But here, Paul says He loved me, and gave Himself for me. In modern America, it is easy for us to think only in terms of how this applies to me, but in their culture, this was revelatory. Our relationship with Jesus is personal. This is my faith. Me choosing to live by faith, or live in the flesh. Everyday.
4. I live by faith in the Son of God
 - a. Live = Live
 - b. Son of God = Jesus
 - c. Faith = faith
 - d. By, in the = More complicated
 - e. By = en = a position, a relation of rest, in
 - f. In the – not in the original Greek
 - g. I live resting in Jesus’ faith. Or easier for us – I live resting in the faith of Jesus.
5. So I do not have to rely on my works to make me righteous. My righteousness comes by faith. But if I am made alive to Christ, and am joined with Him, then His faith is in me. So when I am secure in resting in Him, His faith is at work in me making me righteous. If I

believe He is in me, then I can believe I am righteous. If I believe I am righteous, then why would sin have any hold over me?

The Bible tells us to study the Word.

- **2 Timothy 2:15** Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.
- **Acts 17:10–12** Then the brethren immediately sent Paul and Silas away by night to Berea. When they arrived, they went into the synagogue of the Jews. ¹¹ These were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the Scriptures daily *to find out* whether these things were so. ¹² Therefore many of them believed, and also not a few of the Greeks, prominent women as well as men.
- **Joshua 1:8** This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Benefits of Getting into the Word – Study, reading, memorization, meditation:

Psalm 19:7-11 The law of the LORD *is* perfect, **converting the soul**; The testimony of the LORD *is* sure, **making wise the simple**; ⁸ The statutes of the LORD *are* right, **rejoicing the heart**; The commandment of the LORD *is* pure, **enlightening the eyes**; ⁹ The fear of the LORD *is* clean, enduring forever; **The judgments of the LORD *are* true *and* righteous** altogether. ¹⁰ More to be desired *are they* than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. ¹¹ Moreover by them Your servant is warned, *And* in keeping them *there is* great reward.

Converting the soul

- Turning us back to God. Keeping us faithful

Making wise the simple

- The one who is simple has but one goal – knowing God.

Rejoicing the heart

- Joy comes from knowing God. True happiness is a result of obedience to His word.

Enlightening the eyes

- Giving us wisdom. Letting us see His will. Guidance.

The judgements of the Lord are true and righteous

- God's ways are what is good. He is truth. He is right.
- Not the culture.

Studying guards against false teaching

- **2 Corinthians 11:13–15** For such *are* false apostles, deceitful workers, transforming themselves into apostles of Christ. ¹⁴ And no wonder! For Satan himself transforms himself into an angel of light. ¹⁵ Therefore *it is* no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works.
- **2 Timothy 4:3–5** For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; ⁴ and they will turn their ears away from the truth, and be turned aside to fables. ⁵ But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry.
- **2 Peter 2:1–2** But there were also false prophets among the people, even as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Lord who bought them, *and* bring on themselves swift destruction. ² And many will follow their destructive ways, because of whom the way of truth will be blasphemed.

Studying increases our faith

Romans 10:17 So then faith *comes* by hearing, and hearing by the word of God.

James 1:22-25 But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and continues *in it*, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

Don't just read and study. Live it.