
Basic Disciplines for Believers

Discipline #1: BIBLE SATURATION – I am filling myself with God's Word WEEK #6 – Bible Keeping – "Application" – Doing What the Bible Says

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.*

- a. The Word is to be the central focus of our lives (not "a" but "the" focus) – Constant meditation is commanded!
- b. The Word requires familiarization, instruction, memorization, meditation, and application. Nothing is automatic.
- c. The purpose of meditating day and night is to enable us to DO what the Word says, not just to KNOW it.
- d. We are to observe the entire Word as it applies to us. It is not a smorgasbord (buffet).
- e. We receive blessing from God (as defined by God, not us or the world) when we obey the Word.

Matthew 28:18-20 ¹⁸ And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹ "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ "teaching them to observe all things that I have commanded you; and lo, I am with you always, [even] to the end of the age." Amen.

- a. Making disciples involves evangelism (implied here).
- b. Making disciples involves baptizing followers.
- c. Making disciples involves teaching followers with the idea of obeying all of Christ's commands.

James 1:19-27 ¹⁹ ¶ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; ²⁰ for the wrath of man does not produce the righteousness of God. ²¹ Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. ²² ¶ **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. ²⁶ ¶ If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion [is] useless. ²⁷ Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, [and] to keep oneself unspotted from the world.

- a. (19-20) Swift to hear (we have much to learn), slow to speak, slow to wrath. (Counters God's righteousness.)
- b. (21a) Lay aside sinful practices.
- c. (21b) Receive humbly the Word, which is able to save our souls (sanctify our lives). Word is KEY! (Jn 17:17)
- d. (22a) Hearing and doing must go together
- e. (22b) Hearing alone is self-deception.
- f. (23-24) The Bible is a mirror – we must act upon what we have been shown. (Psalm 119:9)
- g. (25) Looks + continues (not a forgetful hearer but a doer) = blessed
- h. (26) Test of true religion is a bridled tongue. Anything less is useless religion.
- i. (27) Tasks of true religion are not programs or activities but selfless serving and pure living!

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Applying God's Word

1. Identify (S.P.A.C.E.)

- Is there a **Sin** to confess?
- Is there a **Promise** to claim?
- Is there an **Attitude** to change?
- Is there a **Command** to obey?
- Is there an **Example** to follow?

2. Specify – Detail how I am going to put this into my life

- **How**, specifically, am I going to change because of this S.P.A.C.E.?
- **Where**, specifically, am I going to change because of this S.P.A.C.E.?
- **When**, specifically, am I going to change because of this S.P.A.C.E.?

3. Occupy – Do It! - Take the ground – Keep the ground!

- **Tackle a few at a time** – don't over-expect or over-commit to changes – changes take time (set goals & time frames)
- **Treasure the Word** – Memorize key Scripture(s) about the S.P.A.C.E.
- **Track my changes** – keep a written record until the S.P.A.C.E. is a habit
- **Tell someone** – become accountable until the S.P.A.C.E. is a habit
- **Teach someone** – share what you've learned as you work on the S.P.A.C.E. (helps you deepen as well as others)

OVERVIEW: Discipline #1: BIBLE SATURATION (Be a Sponge!) – I am filling myself with God's Word

1. **Bible Reading** – Familiarization – Knowing What the Bible Says (Public Reading, Personal Reading)
2. **Bible Feeding** – Instruction – Learning What the Bible Means
3. **Bible Treasuring** – Memorization – Saving What the Bible Says into My Heart
4. **Bible Deepening** – Meditation – Thinking About What the Bible Says
5. **Bible Keeping** – Application – Doing What the Bible Says

BE A SPONGE!

- **Reading** is like a light mist. The more you mist, the more the water enters the sponge.
- **Feeding** is like a direct shot of focused spray which soaks a small area.
- **Memorizing** is like repeatedly spraying a small spot.
- **Meditation** is like continually squeezing the sponge, working the water in.
- **Application** is using the sponge as a sponge!

OTHER PASSAGES (JUST WORTH READING THROUGH TO PREPARE)

Deut 4:9-10 ⁹ "Only take heed to yourself, and diligently keep yourself, lest you forget the things your eyes have seen, and lest they depart from your heart all the days of your life. And teach them to your children and your grandchildren, ¹⁰ "[especially concerning] the day you stood before the LORD your God in Horeb, when the LORD said to me, 'Gather the people to Me, and I will let them hear My words, that they may learn to fear Me all the days they live on the earth, and [that] they may teach their children.'

Deut 4:11-14 ¹¹ "Then you came near and stood at the foot of the mountain, and the mountain burned with fire to the midst of heaven, with darkness, cloud, and thick darkness. ¹² "And the LORD spoke to you out of the midst of the fire. You heard the sound of the words, but saw no form; you only heard a voice. ¹³ "So He declared to you His covenant which He commanded you to perform, the Ten Commandments; and He wrote them on two tablets of stone. ¹⁴ "And the LORD commanded me at that time to teach you statutes and judgments, that you might observe them in the land which you cross over to possess.

Deut 5:1 And Moses called all Israel, and said to them: "Hear, O Israel, the statutes and judgments which I speak in your hearing today, that you may learn them and be careful to observe them.

Deut 6:1-2 "Now this is the commandment, [and these are] the statutes and judgments which the LORD your God has commanded to teach you, that you may observe [them] in the land which you are crossing over to possess, ² "that you may fear the LORD your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged.

Deut 11:19-23 ¹⁹ "You shall teach them to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. ²⁰ "And you shall write them on the doorposts of your house and on your gates, ²¹ "that your days and the days of your children may be multiplied in the land of which the LORD swore to your fathers to give them, like the days of the heavens above the earth. ²² "For if you carefully keep all these commandments which I command you to do -- to love the LORD your God, to walk in all His ways, and to hold fast to Him -- ²³ "then the LORD will drive out all these nations from before you, and you will dispossess greater and mightier nations than yourselves.

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Psalms 119:9-16 ⁹ How can a young man cleanse his way? By taking heed according to Your word. ¹⁰ With my whole heart I have sought You; Oh, let me not wander from Your commandments! ¹¹ Your word I have hidden in my heart, That I might not sin against You! ¹² Blessed [are] You, O Lord! Teach me Your statutes! ¹³ With my lips I have declared All the judgments of Your mouth. ¹⁴ I have rejoiced in the way of Your testimonies, As [much] as in all riches. ¹⁵ I will meditate on Your precepts, And contemplate Your ways. ¹⁶ I will delight myself in Your statutes; I will not forget Your word.

Psalms 119:105 Your word [is] a lamp to my feet And a light to my path. (Use it to help in decision-making, and to make sense of the way.)

Prov 3:5-6 ⁵ Trust in the Lord with all your heart, And lean not on your own understanding; ⁶ In all your ways acknowledge Him, And He shall direct your paths.

Prov 4:1-4 Hear, [my] children, the instruction of a father, And give attention to know understanding; ² For I give you good doctrine: Do not forsake my law. ³ When I was my father's son, Tender and the only one in the sight of my mother, ⁴ He also taught me, and said to me: "Let your heart retain my words; Keep my commands, and live.

Prov 4:20-27 ²⁰ My son, give attention to my words; Incline your ear to my sayings. ²¹ Do not let them depart from your eyes; Keep them in the midst of your heart; ²² For they [are] life to those who find them, And health to all their flesh. ²³ Keep your heart with all diligence, For out of it [spring] the issues of life. ²⁴ Put away from you a deceitful mouth, And put perverse lips far from you. ²⁵ Let your eyes look straight ahead, And your eyelids look right before you. ²⁶ Ponder the path of your feet, And let all your ways be established. ²⁷ Do not turn to the right or the left; Remove your foot from evil.

Acts 2:42 And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers.

Rom 6:12-14 ¹² therefore do not let sin reign in your mortal body, that you should obey it in its lusts. ¹³ And do not present your members [as] instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God. ¹⁴ For sin shall not have dominion over you, for you are not under law but under grace.

Rom 12:1-2 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, [which is] your reasonable service. ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Gal 5:16-25 ¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told [you] in time past, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law. ²⁴ And those who are Christ's have crucified the flesh with its passions and desires. ²⁵ If we live in the Spirit, let us also walk in the Spirit.

Col 2:6-8 ⁶ As you have therefore received Christ Jesus the Lord, so walk in Him, ⁷ rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. ⁸ Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.

Col 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

2 Thes 2:15 Therefore, brethren, stand fast and hold the traditions which you were taught, whether by word or our epistle.

Titus 1:9 holding fast the faithful word as he has been taught, that he may be able, by sound doctrine, both to exhort and convict those who contradict.

Heb 5:9—6:3 ⁹ And having been perfected, He became the author of eternal salvation to all who obey Him, ¹⁰ called by God as High Priest "according to the order of Melchizedek," ¹¹ of whom we have much to say, and hard to explain, since you have become dull of hearing. ¹² For though by this time you ought to be teachers, you need [someone] to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. ¹³ For everyone who partakes [only] of milk [is] unskilled in the word of righteousness, for he is a babe. ¹⁴ But solid food belongs to those who are of full age, [that is], those who by reason of use have their senses exercised to discern both good and evil. **6:1** Therefore, leaving the discussion of the elementary [principles] of Christ, let us go on to perfection, not laying again the foundation of repentance from dead works and of faith toward God, ² of the doctrine of baptisms, of laying on of hands, of resurrection of the dead, and of eternal judgment. ³ And this we will do if God permits.

Ephesians → "walk" Commands (Live this Way)

- **Eph 2:10** For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.
- **Eph 4:1-3** I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, ² with all lowliness and gentleness, with longsuffering, bearing with one another in love, ³ endeavoring to keep the unity of the Spirit in the bond of peace.
- **Eph 4:17-32** ¹⁷ ¶ This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, ¹⁸ having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart; ¹⁹ who, being past feeling, have given themselves over to lewdness, to work all uncleanness with greediness. ²⁰ But you have not so learned Christ, ²¹ if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: ²² that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, ²³ and be renewed in the spirit of your mind, ²⁴ and that you put on the new man which was created according to God, in true righteousness and holiness. ²⁵ ¶ Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. ²⁶ "Be angry, and

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do not sin": do not let the sun go down on your wrath,²⁷ nor give place to the devil.²⁸ Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need.²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.³² And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you.

- **Eph 5:1-4** Therefore be imitators of God as dear children.² And **walk** in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.³ But fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints;⁴ neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks.
- **Eph 5:7-11**⁷ Therefore do not be partakers with them.⁸ For you were once darkness, but now *you are* light in the Lord. **Walk** as children of light⁹ (for the fruit of the Spirit *is* in all goodness, righteousness, and truth),¹⁰ finding out what is acceptable to the Lord.¹¹ And have no fellowship with the unfruitful works of darkness, but rather expose *them*.
- **Eph 5:15-20**¹⁵ See then that you **walk** circumspectly, not as fools but as wise,¹⁶ redeeming the time, because the days are evil.¹⁷ Therefore do not be unwise, but understand what the will of the Lord *is*.¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,

Colossians "Put" Passages

Colossians 3:1 - 4:1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God.² Set your mind on things above (**meditation**), not on things on the earth.³ For you died, and your life is hidden with Christ in God.⁴ When Christ *who is* our life appears, then you also will appear with Him in glory.⁵ Therefore **put to death** your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.⁶ Because of these things the wrath of God is coming upon the sons of disobedience,⁷ in which you yourselves once walked when you lived in them.⁸ But now you yourselves are to **put off** all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.⁹ **Do not lie** to one another, since you have put off the old man with his deeds,¹⁰ and have put on the new *man* who is renewed in knowledge according to the image of Him who created him,¹¹ where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave *nor* free, but Christ *is* all and in all.¹² ¶ Therefore, as *the* elect of God, holy and beloved, **put on** tender mercies, kindness, humility, meekness, longsuffering;¹³ bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*.¹⁴ But above all these things **put on** love, which is the bond of perfection.¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.¹⁶ Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.¹⁷ And *whatever* you do in word or deed, *do* all in the name of the Lord Jesus, giving thanks to God the Father through Him.¹⁸ ¶ Wives, submit to your own husbands, as is fitting in the Lord.¹⁹ Husbands, love your wives and do not be bitter toward them.²⁰ Children, obey your parents in all things, for this is well pleasing to the Lord.²¹ Fathers, do not provoke your children, lest they become discouraged.²² Bondservants, obey in all things your masters according to the flesh, not with eyeservice, as men-pleasers, but in sincerity of heart, fearing God.²³ And whatever you do, do it heartily, as to the Lord and not to men,²⁴ knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.²⁵ But he who does wrong will be repaid for what he has done, and there is no partiality. **Colossians 4:1** ¶ Masters, give your bondservants what is just and fair, knowing that you also have a Master in heaven.

LESSON IDEAS

(Choose & Develop What Fits for Your Class)

Meaning:

- *Finding where the Truth fits.*
- *Putting it to practice.*

Ideas:

- *James uses the mirror. That might be something the younger grades can use.*
- *An upcoming skit will use food as an illustration. Learning the Word but not using it is like having food prepared but not eating it.*

Key Verses:

- **Joshua 1:8**
- **Matthew 28:20**
- **James 1:19-27**

PLEASE SEND YOUR IDEAS, IF YOU HAVE TIME. Thanks!