
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 _____ 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 _____ what the Word says, not just to _____ it.
- d. We are to observe the _____ Word as it applies to us. It is not a smorgasbord (buffet).
- e. We receive _____ 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 _____ (implied here).
- b. Making disciples involves _____ followers.
- c. Making disciples involves _____ followers with the idea of _____ of Christ's _____.

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 _____.
- c. (21b) Receive humbly the Word, which is able to save our souls (_____ our _____). (John 17:17)
- d. (22a) _____ and _____ must go together
- e. (22b) Hearing alone is _____-deception.
- f. (23-24) The Bible is a _____ – we must _____ upon what we have been _____. (Ps 119:9)
- g. (25) _____ + _____ (not a forgetful hearer but a doer) = _____
- h. (26) Test of true religion is a bridled _____. Anything less is _____ religion.
- i. (27) Tasks of true religion are not _____ or _____ but _____ and _____!

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Applying God's Word

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

- Is there a **S**_____ to confess?
- Is there a **P**_____ to claim?
- Is there an **A**_____ to change?
- Is there a **C**_____ to obey?
- Is there an **E**_____ to follow?

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

- _____, specifically, am I going to change because of this S.P.A.C.E.?
- _____, specifically, am I going to change because of this S.P.A.C.E.?
- _____, specifically, am I going to change because of this S.P.A.C.E.?

3. _____ – Do it! Take the ground! Keep the ground!

- _____ **a few at a time.** – Don't over-expect or over-commit to changes – changes take time (set goals & time frames).
- _____ **the Word.** – Memorize key Scripture(s) about the S.P.A.C.E.
- _____ **my changes.** – Keep a written record until the S.P.A.C.E. is a habit.
- _____ **someone.** – Become accountable until the S.P.A.C.E. is a habit.
- _____ **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!