

## **UNDERSTANDING SPIRITUAL DISCIPLINES**

### **Part Two: Meditation & Study**

I Timothy 4:1-8

#### **Meditation**

Joshua 1:7-8

SOME THINGS FROM JOSHUA 1 ABOUT MEDITATION:

- a.) We are to meditate on God's Word
- b.) We are to meditate on it day and night
- c.) We are to meditate on God's Word so we will be sure to do everything written in it.

James 1:22-25; Psalm 1:1-6

HOW TO PUT MEDITATION INTO PRACTICE IN YOUR LIFE:

- a.) \_\_\_\_\_ - "What is the Holy Spirit saying to me and teaching me through this scripture?"
- b.) \_\_\_\_\_ - Write down what He's speaking to you.
- c.) \_\_\_\_\_ - We must obey and live out what God is teaching us.

Revelation + Application = Transformation

#### **Study**

II Timothy 3:16-17

WHY DO WE NEED TO STUDY THE BIBLE?

- a.) To \_\_\_\_\_ God
- b.) To know His \_\_\_\_\_
- c.) To be full of faith
- d.) To walk in godly \_\_\_\_\_
- e.) To \_\_\_\_\_ spiritually
- f.) To be grounded
- g.) To have \_\_\_\_\_

h.) To walk in victory over the Devil

i.) So we can share \_\_\_\_\_ with others

j.) To correctly handle \_\_\_\_\_

#### HOW TO PUT STUDY INTO PRACTICE IN YOUR LIFE:

a.) Set aside a time to study God's Word

b.) Do different types of studies

c.) Utilize Bible study tools