

Knowing God

Lesson Two

Bible Intake – Part Two

Throughout the week:

Read Psalm 46 each day! After reading the psalm, pick out a verse to meditate on = to think about. Think about what it means and why it matters.

Last week we looked into our sin nature, and we received the challenge to be spending time in scripture. Although we are sinful from birth, if we are believers, we are now God's children, new creations, heirs of salvation, saints, disciples and a whole host of other wonderful things!

Read Zephaniah 3:17 (It's okay to use the Table to Contents to find this verse. It can be tricky! The author is speaking of God's faithful remnant of people...that includes us!) How do you feel when you see that God delights in you? (We must be pretty special!)

When we forget who we are in Christ and the goodness of God's love for us, the worries and pressures of this world aggressively pursue us.

What do you worry about the most?

Another way to put it could be...what in your life makes you feel the most pressured / stressed? Why?

What does Matthew 6:25 – 34 say about worrying?

People deal with stress differently, and they have different amounts of stress they can handle (called thresholds). There are a few healthy ways of managing stress / pressure. Taking care of our bodies (enough rest, proper nutrition, exercise) is one important way to do this, but another way is through meditating on scripture. It's a way of listening for God's voice through His word.

If you can worry, you can meditate. Meditating is “worrying” or thinking intently in a positive way.

Read Matthew 10:28 – 30. Meditation requires that your mind be still and attentive. Read v. 28 several times. Read it as an invitation. Do all you can to cause your heart to engage into scripture. Don’t rush this.

What in verse 28 stands out the most to you?

When we have scripture memorized, we are able to meditate on it any time. Unless we have buried God’s word in our hearts, these verses are not available to us when we need them for encouragement, challenge, witnessing, seeking guidance or meditation.

Memorization of scripture provides great spiritual power. It was Christ’s weapon against Satan when tempted in the wilderness.

Memorize and meditate on Philippians 4: 6 – 7.

Our problem is more a lack of action than a lack of comprehension. If we would know God and be godly, we must know the word of God – intimately. Have a plan to be still before God’s word and to plant it in your hearts.