

**Body Building God's Way**  
**Spiritual Body Building With the Bible**

**PERSONAL APPLICATION**

Review the main lesson outline briefly

1. Describe what place the Bible currently plays in your life. How do you use it? How often do you find yourself thinking about a bible principle or what the Bible has taught you before making a decision?

**PRIVATE MEDITATION**

Read the Scripture and identify 1 thought to take with you for that day  
Write down your daily thought under each day

**Monday** – 2 Timothy 3:16

*Thought:*

**Tuesday** – Hebrews 4:12

*Thought:*

**Wednesday** – Joshua 1:8; James 1:22

*Thought:*

**Thursday** – Romans 8:5-9

*Thought:*

**Friday** – Psalm 119:9, 11

*Thought:*

**Saturday** – Nehemiah 8:2-8

**Sunday** – *“Spiritual Growth & the Bible, pt 2”*

**Body Building God's Way**  
**Spiritual Body Building With the Bible**

**Body Building God's Way**  
*Spiritual Disciplines & Why They are Important*



**Spiritual Body Building**  
**With the Bible!**

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***Spiritual Body Building with the Bible***

***2 Timothy 3:16***

- D. We learn to think properly – Romans 12:1-2, 8:5-9
- E. We are protected from being led astray by the enemy – Ephesians 4:11-14
- F. We make wiser decisions – Philippians 1:9-10

**I. What does it do for us?**

- A. Tells us who God is & what He is like – John 5:39
- B. Teaches – instruction in life principles
- C. Rebukes – convicts & convinces us of truth
- D. Corrects – “to set something right again”
- E. Training in righteousness – instruction coupled with discipline to teach us God's standard of life.
- F. Exposes – cuts through the barriers to reach our heart which is the source of all life decisions – Hebrews 4:12

**II. How do I use it?**

- A. As a sword against Satan & temptation – Matthew 4:1-11; Ephesians 6:17
- B. Read it – Nehemiah 8:2-3, 8; 1 Timothy 4:13
- C. Meditate on it – Joshua 1:8; Psalm 1:1-2; Deuteronomy 6:1-9
- D. Memorize it – Psalm 119:11
- E. Search it & measure everything by it – Acts 17:11
- F. Apply & obey it – Joshua 1:8; James 1:22

**III. What are the results?**

- A. Properly prepared for life – 2 Timothy 3:16
- B. Faith is strengthened – Romans 10:17
- C. We overcome temptation better – Psalm 119:9, 11

**NOTES**