

# **Encountering God In the Bible**

## **Class Schedule**

Week One: Goals

Week Two: Memory & Understanding

Week Three: Insight

Week Four: Methods

Week Five: Tools

Week Six: Implementation and Teaching

# Spiritual Diet Analysis

**Circle the current answer; underline your goal for 6 weeks from now**

- 1) On average, how many times per week do you read your Bible?
  1. 0
  2. 1 – 2
  3. 3 – 4
  4. 5 – 7
  
- 2) On average, how much time do you spend each time?
  1. Less than 5 minutes
  2. 5 – 10 minutes
  3. 10 – 20 minutes
  4. More than 20 minutes
  
- 3) How satisfying, strengthening, motivating, encouraging, helpful, refreshing is it to your soul most days?
  1. Not at all
  2. Slightly
  3. Somewhat
  4. Extremely
  
- 4) How much time on Scripture memorization?
  1. None
  2. 1-5 minutes
  3. 5-10 minutes
  4. More than 10 minutes
  
- 5) How would you describe your meditation on Scripture?
  1. Nonexistent
  2. Slightly satisfying and fulfilling, rarely any new insights that I find on my own
  3. Somewhat satisfying and fulfilling, occasional new insights that I find on my own
  4. Very satisfying and fulfilling, producing insight and intimacy with God
  
- 6) Do you have a clear sense and awareness throughout the day of what specific things you need to do to put into practice the Scripture that you read that day?
  1. On rare occasions – once a month or less
  2. Every other week or so
  3. Once or twice a week
  4. Pretty much every day
  
- 7) How would you rate your ability to understand, correctly interpret, and correctly apply Scripture to your life?
  1. Very weak
  2. Somewhat weak
  3. Somewhat strong
  4. Very strong
  
- 8) Which of the following are regular outcomes of your daily time in the Word?
  1. Deepening of my overall knowledge of the gospel
  2. Conviction of sin, and insight into how to grow and change
  3. Increased motivation for godliness
  4. Increased delight in God

## Total score

|       |         |
|-------|---------|
| 8-10  | Level 1 |
| 11-15 | Level 2 |
| 16-20 | Level 3 |
| 21-25 | Level 4 |
| 26-30 | Level 5 |
| 31-32 | Level 6 |

Level 1 ----- Level 6  
Starving ----- Feasting

Current level: \_\_\_\_\_

Goal: \_\_\_\_\_

# Godliness Training

## Tuesday

### Preparation:

Pray S.I.O.U.S.

### S is for Seek

**Psalm 119:176 I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.**

All our seeking after God will be worthless if He does not seek us. Begin by asking God to come near to you.

### I is for Incline

**Psalm 119:36 Incline my heart toward your statutes.**

Inclination has to do with what you like and dislike. We do not observe life with a detached, robotic analysis. We have a sense of liking and being attracted to some things and disliking and being inclined away from others.

Before you open your Bible take a moment to remind yourself that you could begin reading, come across some wonderful truth about God, and be bored by it. Horror! What could be worse than being unable to be delighted by the glory of God? Before reading, ask the Lord to incline your heart toward whatever it is He is about to show you so that when you see it you will love it.

### O is for Open

**Psalm 119:18 Open my eyes that I may see wonderful things in your law.**

When you read something in Scripture about God and it does not thrill your soul and cause great joy, peace, comfort, or awe, there is only one explanation: your eyes are blind to what is wonderful about that truth. Every truth about God in Scripture would absolutely thrill you if your eyes were opened to see what is so wonderful about it. And only God can do that. So before reading, pray—"God, open my eyes."

### U is for Unite

**Psalm 86:11 Unite my heart, that I may fear your name.**

When we come to the Word of God, we usually come with a scattered, distracted heart. We must pray, "Dear God, please unite my heart so for this brief little time I can focus my entire being on You."

### S is for Satisfy

**Psalm 90:14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.**

The presence of God is like food—it always satisfies the soul. If you go away from your time in the Word unsatisfied, then, it is because you did not experience the presence of God. It is good, before we open the Bible, to remind ourselves of the purpose of coming to God's banquet table. The goal is not just to gather information, but to leave the table with our souls satisfied!

**Scripture Reading:** Psalm 119:41-64

**Memorize James 1:21. Say it 10 times from memory word for word.**

**Prayer:** Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from God's Word into practice.
- Check this box when you have done it.

### Fellowship:

Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

# Wednesday

**Preparation:** Pray S.I.O.U.S.

**Scripture Reading:** Psalm 119:65-96

**Review James 1:21. Say it 10 times from memory word for word.**

**Prayer:**

Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from God's Word into practice.
- Check this box when you have done it.

**Fellowship:**

Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

# Thursday

**Preparation:** Pray S.I.O.U.S.

**Scripture Reading:** Psalm 119:97-128

**Review James 1:21 one time from memory**

**Prayer:** Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from God's Word into practice.
- Check this box when you have done it.

**Fellowship:**

Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

# Friday

**Preparation:** Pray S.I.O.U.S.

**Scripture Reading:** Psalm 119:129-152

**Review James 1:21 one time from memory**

**Prayer:** Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from God's Word into practice.
- Check this box when you have done it.

**Fellowship:**

Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

# Saturday

**Preparation:** Pray S.I.O.U.S.

**Scripture Reading:**  
Psalm 119:153-176

**Review James 1:19-21 one time from memory**

**Prayer:**

Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from God's Word into practice.
- Check this box when you have done it.

**Fellowship:** Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

# Monday

**Preparation:** Pray S.I.O.U.S.

**Scripture Reading:** Psalm 1

**Review James 1:-21 one time from memory**

**Prayer:**

Go back to the portion you read in Psalm 119 today and talk to God about what you read. Ask Him to give you a heart like the psalmist had toward His Word.

**Doing: Do not be a forgetful hearer, but a doer of the Word (James 1:22-25)**

- Write down at least one specific thing you will do to do to put what you have learned from Sunday's sermon
- Check this box when you have done it.

**Fellowship:**

Try to have a conversation with someone today about the most helpful thoughts that came out of your time with the Lord today.

## Psalm 119

### GROUP 1

1 Blessed are they whose ways are blameless, who walk according to the law of the LORD. 2 Blessed are they who keep his statutes and seek him with all their heart. 3 They do nothing wrong; they walk in his ways. 7 I will praise you with an upright heart as I learn your righteous laws. 9 How can a young man keep his way pure? By living according to your word. 11 I have hidden your word in my heart that I might not sin against you. 12 Praise be to you, O LORD; teach me your decrees. 14 I rejoice in following your statutes as one rejoices in great riches. 22 Remove from me scorn and contempt, for I keep your statutes. 24 Your statutes are my delight; they are my counselors. 25 I am laid low in the dust; preserve my life according to your word. 28 My soul is weary with sorrow; strengthen me according to your word.

### GROUP 2

29 Keep me from deceitful ways; be gracious to me through your law. 37 Turn my eyes away from worthless things; preserve my life according to your word. 38 Fulfill your promise to your servant, so that you may be feared. 39 Take away the disgrace I dread, for your laws are good. 40 How I long for your precepts! Preserve my life in your righteousness. 41 May your unfailing love come to me, O LORD, your salvation according to your promise; 42 then I will answer the one who taunts me, for I trust in your word. 46 I will speak of your statutes before kings and will not be put to shame, 45 I will walk about in freedom, for I have sought out your precepts. 50 My comfort in my suffering is this: Your promise preserves my life. 58 I have sought your face with all my heart; be gracious to me according to your promise.

### GROUP 3

65 Do good to your servant according to your word, O LORD. 76 May your unfailing love be my comfort, according to your promise to your servant. 77 Let your compassion come to me that I may live, for your law is my delight.

81 My soul faints with longing for your salvation, but I have put my hope in your word.  
82 My eyes fail, looking for your promise; I say, "When will you comfort me?"  
86 All your commands are trustworthy; help me, for men persecute me without cause.  
92 If your law had not been my delight, I would have perished in my affliction.  
93 I will never forget your precepts, for by them you have preserved my life.  
98 Your commands make me wiser than my enemies, for they are ever with me. 99 I have more insight than all my teachers, for I meditate on your statutes.  
100 I have more understanding than the elders, for I obey your precepts.

#### **GROUP 4**

104 I gain understanding from your precepts; therefore I hate every wrong path.  
105 Your word is a lamp to my feet and a light for my path.  
107 I have suffered much; preserve my life, O LORD, according to your word.  
111 Your statutes are my heritage forever; they are the joy of my heart.  
114 You are my refuge and my shield; I have put my hope in your word.  
116 Sustain me according to your promise, and I will live; do not let my hopes be dashed. 117 Uphold me, and I will be delivered; I will always have regard for your decrees.  
128 and because I consider all your precepts right, I hate every wrong path.  
130 The unfolding of your words gives light; it gives understanding to the simple.  
133 Direct my footsteps according to your word; let no sin rule over me.

#### **GROUP 5**

143 Trouble and distress have come upon me, but your commands are my delight. 144 Your statutes are forever right; give me understanding that I may live.  
149 Hear my voice in accordance with your love; preserve my life, O LORD, according to your laws.  
151 Yet you are near, O LORD, and all your commands are true.  
153 Look upon my suffering and deliver me, for I have not forgotten your law.  
154 Defend my cause and redeem me; preserve my life according to your promise. 155 Salvation is far from the wicked, for they do not seek out your decrees. 156 Your compassion is great, O LORD; preserve my life according to your laws.  
159 See how I love your precepts; preserve my life, O LORD, according to your love.  
161 Rulers persecute me without cause, but my heart trembles at your word.  
162 I rejoice in your promise like one who finds great spoil.  
165 Great peace have they who love your law, and nothing can make them stumble.  
166 I wait for your salvation, O LORD, and I follow your commands.  
175 Let me live that I may praise you, and may your laws sustain me.