
Basic Disciplines for Believers – Discipline #1:

BIBLE SATURATION:

I am filling myself with God's Word

5 PRACTICES:

#1: BIBLE READING: "Familiarization" – Knowing What the Bible Says

#1A – Bible Reading (Public) – reading the Bible out loud in a group setting

Matt 22:29 Jesus answered and said to them, "You are mistaken, not knowing the Scriptures nor the power of God."

- We are to pay attention with our ears. This would include being quiet, and thinking about what is being read.

Neh 8:8 So they read distinctly from the book, in the Law of God; and they gave the sense, and helped [them] to understand the reading.

- Emphasize learning to read clearly.

#1B – Bible Reading (Personal) – reading the Bible each day for ourselves

Deut 17:18-20 "Also it shall be, when he sits on the throne of his kingdom, that he shall write for himself a copy of this law in a book, from [the one] before the priests, the Levites. ¹⁹ "And it shall be with him, and he shall read it all the days of his life, that he may learn to fear the LORD his God and be careful to observe all the words of this law and these statutes, ²⁰ "that his heart may not be lifted above his brethren, that he may not turn aside from the commandment to the right hand or [to] the left, and that he may prolong [his] days in his kingdom, he and his children in the midst of Israel.

- TO KNOW GOD: The king would learn to fear the LORD his God.
- TO KNOW GOD'S COMMANDS: The king would be able to careful to obey the commands of God.
- TO KEEP A RIGHT VIEW OF SELF: The king would be able to keep from becoming proud.
- TO KEEP FROM DISOBEYING: The king would be helped to keep from disobeying God.
- TO GET THE BLESSING OF GOD: The king would be the king for a long time, and have a long kingdom.

Heb 4:12 For the word of God [is] living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

- The Bible helps us to know what is really in our heart.
- The Bible helps us to evaluate our thoughts rightly.

#2 – BIBLE FEEDING: "Instruction" – Learning What the Bible Means

Neh 8:8 So they read distinctly from the book, in the Law of God; and they gave the sense, and helped [them] to understand the reading. (Eph 4:11-16)

- To inform us
- To transform us
- To equip us
- To edify us (build us up)
- To mature us

#3 – BIBLE TREASURING: "Memorization" – Saving What the Bible Says

Prov 3:1-4 My son, do not forget my law, But let your heart keep my commands: ² For length of days and long life And peace they will add to you. ³ Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, ⁴ And so find favor and high esteem In the sight of God and man.

- Treasure the Word – Placing it in one's heart as a valuable for safe-keeping.

#4 – BIBLE DEEPENING: "Meditation" – Thinking About What the Bible Says

Josh 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.

- Say It Over and Over
- Keep It In Your Mind

#5 – BIBLE KEEPING – "Application" – Doing What the Bible Says

Josh 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.

- The Word is to be the central focus of our lives (not "a" but "the" focus) – Constant meditation is commanded!
- The Word requires familiarization, instruction, memorization, meditation, and application. Nothing is automatic.
- The purpose of meditating day and night is to enable us to DO what the Word says, not just to KNOW it.
- We are to observe the entire Word as it applies to us. It is not a smorgasbord (buffet).
- We receive blessing from God (as defined by God, not us or the world) when we obey the Word.

Matt 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.