

[Keystone Institute]

"Changed by Means of Grace" Handout

Week Two 9/17/23

Bible Intake (Part One)

Review and Wrap Up of Session One

Private Consideration: My top three reasons for doing daily spiritual disciplines (individual means of grace):

1. _____
2. _____
3. _____

Book recommendation – *Spiritual Disciplines for the Christian Life* by Donald S. Whitney

Bible Intake

1. Reading (or listening)
2. Bible study, including the use of supplementary resources
3. Word studies
4. Topical studies
5. Book studies
6. Devotionals
7. Bible meditation
8. Bible memorization

You Version Bible App

Tutorial: <https://www.youtube.com/watch?v=-NoNZo8TXHc>

Quote from American evangelist D. L. Moody: "A man can no more take in a supply of grace for the future than he can eat enough for the next six months, or take sufficient air into his lungs at one time to sustain life for a week. We must draw upon God's boundless store of grace from day-to-day as we need it." (p 28, SDftCL)

Bible Reading

Table Talk: What are the reasons people do not read the Bible regularly?

How can we overcome the reasons for not reading the Bible regularly?

Bible Study (vs Bible reading)

Inductive Bible Study

1. Observation
2. Interpretation
 - Primary – Bible
 - Secondary – other resources (Study Bibles, commentaries, dictionaries)
 - Online resources
 - <https://www.biblegateway.com/>
 - <https://biblehub.com/>
 - <https://www.biblestudytools.com/>
 - <https://bibleproject.com/>
3. Application

Word Studies

Topical Studies

Book Studies

Devotionals

Table Talk: What is at least one “take away” from today’s discussion?

Why Do Spiritual Disciplines?

- Obedience (for our good and His glory)
- Glorify God
- Agreement/Commitment to God
- Opening your heart to receive
- Sanctification
- Know God better
- Equip yourself to do what God is calling you to do.
- Change our hearts
- Accept God's Grace
- Kill pride & sin
- Refocus to God & off ourself
- Believing God's truth as ultimately important
- To receive God's Gifts
- Communion
- Resist sinful temptation
- Conflict resolution

Why Do Spiritual Disciplines? (cont.)

- Love God, love people and love oneself
- Thankfulness
- Life works best when pursuing Means of Grace
- Take focus off self
- Set heart in right direction
- Hear God
- The need to hear from God
- To no be Grumpy
- Fan flames for the passion of God to be greater than the passions of the world
- Comfort
- Pursuing peace
- Clarity
- See ourselves as a sinner
- Enable oneself to exhibit the fruit of the Spririt