

[Keystone Institute]

"Changed by Means of Grace" Handout

Week Three **9/24/23**

Bible Intake (Part Two)

Finish Bible Intake (Part One) from last week.
(Begin with the back side of the Week Two handout)

Bible Meditation

Psalm 1:1-3

How do we meditate on Scripture? Start by choosing a relatively short passage, then try one of the following methods (from *SDftCL*):

1. Emphasize different words in the Text. Ex – John 11:25 I am the resurrection and the life.
2. Rewrite the Text in your own words.
3. Formulate a principle from the Text – What does it teach?
4. Think of an illustration of the Text – What picture explains it?
5. Look for applications of the Text.
6. Ask how the Text points to the Law or the Gospel.
7. Ask how the Text points to something about Jesus.
8. Ask what question is answered or what problem is solved by the Text.
9. Pray through the Text.
10. Create an artistic expression (drawing, poem, painting, sketch, song, etc) of the Text.
11. Ask how the Text speaks to your current issue or question?

Or... Just read the Text over and over and over and over and...

Meditation exercise: Choose one of the following passages to meditate on:

John 15:5 (NLT) ⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

2 Peter 1:3a (NLT) ³ By his divine power, God has given us everything we need for living a godly life.

1 Peter 1:4 (NLT) ⁴ and we have a priceless inheritance—an inheritance that is kept in heaven for you, pure and undefiled, beyond the reach of change and decay.

Psalm 23:1 (NLT) ¹ The LORD is my shepherd; I have all that I need.

Bible Memorization:

Reasons to memorize God's Word (from *SDftCL*):

- Memorization supplies spiritual power.
 - Psalm 119:11 (ESV) "I have stored up your word in my heart, that I might not sin against you."
- Memorization strengthens your faith.
 - Proverbs 22:17–19 (NLT) - ¹⁷ Listen to the words of the wise; apply your heart to my instruction. ¹⁸ For it is good to keep these sayings in your heart and always ready on your lips. ¹⁹ I am teaching you today—yes, you— so you will trust in the LORD.
- Memorization prepares us for witnessing and counseling.
 - 1 Peter 3:15 (NLT) ... if someone asks about your hope as a believer, always be ready to explain it.
- Memorization provides a means of God's guidance.
 - Psalm 119:24 (ESV) Your testimonies are my delight; They are my counselors.
- Memorization stimulates meditation.
 - Psalm 119:97 (ESV) Oh how I love your law! It is my meditation all the day.

Other reasons for memorization:

How to memorize Scripture

<https://www.navigators.org/resource/how-to-memorize-scripture/>

Step 1: Pick an area of gospel truth you're motivated to understand more deeply.

Step 2: Dig into the context.

Step 3: Memorize in bite-sized pieces. Start with the topic and reference first.

Step 4: Review with friends.

Other ideas/tips for memorization?

What is at least one take away from today's discussion?