

PUTTING THE BIBLE AT THE HEART OF EVERYDAY LIFE

Session 1 Keeping spiritually healthy – practical ways to feed daily on God’s Word.

Tricia Marnham

“...a praying life isn’t something you accomplish in a year. It is a journey of a lifetime. The same is true of learning how to love your spouse or a good friend. You never stop learning this side of heaven.”

A Praying Life Paul Miller

Consider: How would you assess the health of your relationship with God right now? Are you in touch with him? Are you hearing him speak to you? What are the challenges?

A. BASIC PRINCIPLES

1. Christianity is a relationship. Genesis 5:24; John 15:9,14,15

- not a ritual.
- a relationship based on love. Ephesians 3:17-19
- made in, and for, heaven Revelation 21:3,4

2. Why feed daily on the Bible?

- Because it is the inspired word of God: it is how God speaks to us. 2 Tim 3:15-17
- As God’s inspired word, it is our ultimate authority for faith and living.
- Through it, God gives precious promises, words of comfort, rebuke, challenge and assurance.
- Through it God speaks of his unconditional love for us. Ephesians 2:4,5

‘They are not just idle words for you – they are your life’. Deuteronomy 32:46,47

Why then do we neglect our relationship with God?

B. THE WAY FORWARD

1. Evaluate

We fail to see:

- what a special privilege it is Hebrews 4:16
- its necessity in our lives
- the difference it makes
- prayer is action.
- we have a choice Luke 10:41,42
- it is a prime target of Satan
- what our time with God does for our souls Matthew 11:28-30; 2 Corinthians 4:16-18

Consider: Which of the 7 points above might apply to you?

2. Plan

- A Time
- A Place
- What to Study: Be intentional; Vary your diet; Try to cover the whole of Scripture Acts 20:26,27
- A Bible, a pen, a notebook

3. Get Going

- A spiritual ‘choke’
- Pray for the help of the Holy Spirit
- Start to read your Bible; ask:
 - What is God telling me about himself?
 - What is he telling me about humanity?
 - What is God saying to me?
 - What action do I need to take?
- Make a note of what God has said to you – what is your ‘take away’ verse or thought?
- Pray in what God has said, then turn to intercession
- Don’t rush off!

C. OTHER TIPS

- Set realistic goals
- Understand the season you are in
- Learn the value of journaling
- Aim to memorise Scripture
- Keep drawing on his word through the day

D. TWO CHALLENGES

1. Discipline and Consistency

What if I don’t feel like it? 2 Corinthians 7:9; 1 Thessalonians 5:11

2. Times of spiritual dryness

Where is God? Psalm 42

E. ACTION PLAN

Write out an action plan.

- Go over this handout and note what God has said to you
- What would you like to achieve with God's help between now and 30 November?
- Show this to someone to whom you can be accountable and agree to review with them how you are doing on a regular basis

F. TOOLS: MAXIMISING RESOURCES

Bibles

NIV or ESV Study Bible

Books

How to read the Bible for all its worth - Fee and Stuart

How to read the Bible book by book - Fee and Stuart

A Call to Spiritual Reformation – D.A.Carson

A Praying Life – Paul Miller

You Can Pray – Tim Chester

Prayer – O. Hallesby (out of print)

Six Secrets to a Powerful Quiet Time - Catherine Martin

Commentaries from IVP, The Good Book Company, the NIV Application Commentary Series (Zondervan)

Notes

Personal Bible reading notes produced by the Good Book Company and Scripture Union

Both of those also have online apps and notes in ebook form.

She Reads Truth and He Reads Truth - apps with the bible passage, a comment and prayer.

PrayerMate app

The Bible in a Year

- The Hodder NIV Bible In One Year
- Your Daily Walk – Walk thru the Bible Ministries
- The McCheyne Plan
- For the Love of God – D.A.Carson
- The Alpha Bible In A Year
- Search the Scriptures
- Community Bible Experience
- Open up the Bible - The Good Book Company

Other tools

A Journal

Prayer lists, prayer cards, prayer folder, prayer file

Pen, short ruler