

## Session 6. "BASIC TRAINING" - APPLICATION – Getting the Big Result!

"Give me understanding, and I will *keep* your law and *obey* it with all my heart." Psalm 119:34.

Remember, the goal of Bible study is not information but ***transformation***.

**Quotable Quote:** "When you know what God says, what He means, and how to put His truths into practice, you will be equipped for every circumstance of life." Kay Arthur, *How to Study Your Bible – The Lasting Rewards of the Inductive Method*

### **Let's Research!**

Read the following verses to see what they say about *applying* God's word. Look for key words or repeated words:

- ☉ Psalm 119:112 says, "Your statutes are my heritage forever, they are the joy of my heart. My heart is set on ***keeping*** your decrees to the ***very end***."
- ☉ James 1:22 – "***Do*** not merely listen to the word and deceive yourselves. ***Do*** what it says...and continues to ***do*** this, not forgetting what he has heard, but ***doing*** it – he will be blessed in what he ***does***."
- ☉ John 13:15 – "I have set an ***example*** that you should ***do*** as I have ***done*** for you."
- ☉ John 14:23 – "If anyone loves me, he will ***obey*** my teaching."
- ☉ Phil. 4:9 – "Whatever you have learned or received or *heard* from me and ***seen*** in me – put it into ***practice***."
- ☉ 1 John 1:3-4 – "We ***proclaim*** to you what we have seen and heard, so that you also may have fellowship."

Quotable Quotes: "The problem isn't dealing with what I *don't* understand in the Bible, it's applying what I *do* know." Anonymous

"Observation and interpretation, must always lead to application." Skip Heitzig, *How to Study the Bible and Enjoy it!*

**Skip's BOLD Suggestion** for applying God's word:

**Believe** God's Truth!

**Obey** His commands!

**Learn** from other's example!

**Declare** God's promises as our own!

See: 2 Peter 1:3-5      Be BOLD - Claim His Promises!

## ***The M&M's of Bible Application***

### **Ways to apply God's word...**

- **M**emorize it!
- **M**editate on it!
- **M**ultiply it!
- **M**aximize it!

Neighbor Nudge: Share which one of these M&M's you think will best help you to more effectively know and apply God's word. Why that one?

### **Why Memorize it!**

Donald Whitney suggests 5 good reasons: See:

1. Memorization supplies...*spiritual power*. Eph. 6:10-11 & 17
2. Memorization strengthens...*our faith*. Prov. 22:17-19
3. Memorization gives...*us God's guidance*. Ps. 119:30-32, 105
4. Memorization stimulates...*meditation*. Ps. 119:27-28 & 97
5. Memorization helps...*us to share Christ*. 2 Tim. 2:24-25 & 1 Peter 3:15

### **Ways to Memorize it!**

- ⊙ Write out the verse(s) on... *3x5 cards or business cards. Place on mirrors/dash/fridge/computer or any place you will see it often.*
- ⊙ Use a symbol, icon, or title to... *represent the main idea or content of the verses (i.e. draw Fort; title: Fortified Not Forsaken! with Ps. 9:9-10). Put on side with verse reference.*
- ⊙ Learn the verses... *perfectly, word for word with correct reference. Don't compromise.*
- ⊙ Say the verses...*out loud to yourself and/or try making it into a song. See: Psalm 40:3*
- ⊙ Review the verses... *daily & weekly until it's in your long-term memory.*
- ⊙ Find an...*accountability partner to share with and help encourage each other.*

*Quotable Quote:* "We cannot effectively pursue holiness without the Word of God stored up in our minds where it can be used by the Holy Spirit to transform us." Jerry Bridges, *The Discipline of Grace*

## **Biblical Meditation – What is it?**

### **Biblical Meditation Explained:**

Biblical Meditation is not...

- ⦿ Eastern mysticism
- ⦿ Emptying our mind
- ⦿ Elevating one's self to a state of nirvana

Biblical Meditation is...

- ⦿ Biblically-based
- ⦿ Filling our mind with Scripture
- ⦿ Submitting one's self to God's teachings

The Hebrew word "siyach (see-akh) literally means... to ponder, muse, or to converse with oneself "

The idea is to think about something very closely, over and over. Illus. - Cow chewing it's cud.

Simply, it's a Bible-based approach to... *learning and pondering carefully over God's word in order to better put it into practice.*

### **Biblical Meditation Defined:**

"Let's define meditation as deep thinking on the truths and spiritual realities revealed in scripture...for the purpose of understanding, application and prayer." Donald Whitney, *Spiritual Disciplines for the Christian Life*

## **Biblical Meditation – How to do it?**

Suggestions for Biblical Meditation:

1. Parrot the passage – Say the verse out loud while emphasizing each word in the sentence in consecutive order (i.e. John 14:6)
2. Paraphrase the passage – *Think of synonyms, other similar words, that communicate the same idea and expands it's meaning (i.e. "way" = path, means, source; or "life" = our existence, purpose & meaning, abundant life, eternal life).*
3. Picture the passage – *Select word picture(s) that illustrate and help you to remember (mind map) key thoughts or themes in the passage (i.e. one way sign).*
4. Promises, etc. found in the passage – *Identify promises to claim, truths to know, commands to keep, or responses to make in the passage.*
5. Pick a summary phrase for the passage – *Come up with a short phrase that underscores the teaching in the passage (i.e. "One way or No way").*
6. Pray through the passage – *Personalize it by praying its content back to God.*

## **Application - Some Final Thoughts!**

Ways to help apply God's word...

**Memorize** it! – Hide it in your heart!

"I have thought much about your words, and stored them in y heart so that they would hold me back from sin." Psalm 119:11 *The Living Bible*

**Meditate** on it! – Think it over in your mind! The idea is to think something over and over, very closely.

**Multiply** it! – Share it with your mouth!

2 Tim. 2:2 Paul writes, "And the things **you have heard** me say in the presence of many witnesses **entrust** to reliable men who will also be qualified to **teach others**."

Whom is God putting on your heart to share these truths you are learning? Ask Him to show you.

**Maximize** it! – Keep learning it and growing from it! Maximize your spiritual meal and get the most out of His word by not just reading it...also study it! Not just study it...also memorize it! Not just memorize it...also meditate on it. Not just meditate on it...put it into practice! Let's MAXIMIZE His word!

***Don't Forget to...***

***Ask...*** God's Spirit to teach us His word

"The Holy Spirit...will teach you all things and remind you of everything I have said to you." John 14:25

***Use...*** available Bible resources to assist us to become better as one who "correctly handles the word of truth." (2 Tim.2:15)

***Seek...***out the wise counsel of others who can help guide us into truth. (Proverbs 13:20)

## ***Quotable Quotes***

"Lay hold of the Bible until the Bible lays hold of us." Will Houghton

"Now what is food for the inner man? Not prayer, but the Word of God; and here again not the simple *reading* of the Word of God, so that it only passes through our minds just as water runs through a pipe...but *considering* what we have read, *pondering* over it, and *applying* it to our heart." George Mueller

## **Putting it into Practice!**

*Finish the sentence:* In order to make personal Bible study an important habit in my life, I plan to do the following daily and weekly:

Daily –

Weekly –

## **Suggested Bible Study Starter Kit!**

My top 5 suggested Bible resources:

- The NIV Study Bible or Key Word Bible
- Strong's Exhaustive Bible Concordance
- Vine's Complete Expository Dictionary
- The Expositor's Bible Commentary
- Halley's Bible Handbook

Remember, Bible Study is a Worthwhile Investment!