

Living New | Week 5

Bible Intake: Growing as a Self-Feeder (Part 2)

Ask your group members to share something that especially stood out to them, that especially encouraged them, or that they found especially helpful from the message or FONL study material this week. If your group is large, you may only have time for four or five responses.

Draw on a large Post-it the Bible intake “hand illustration” found here:

<http://www.christianchallenge.us/spfoScripture-wordhand.html>

Give a very quick overview of the six ingredients of Bible intake: Hear, Read, Study, Memorize, Meditate, and Application. (Note: The word “Application” is to be placed in the palm of the hand). Focus on explaining that concept of meditation. Ask each participant to score himself/herself regarding the quality of his/her meditation on a scale of 1-10, 10 being excellent and 1 being poor. Draw out the insights from the disciples that reveal your group members’ strengths and growth areas.

Using Psalm 1:1-3, discuss how and why Bible intake is necessary for success. Spend time defining biblical success and prosperity. Use a Post-it entitled “Self-feeder insights” to record observations. Pray for your time together.

Using a personal example, tell a story of how God led you to make a major life change as a result of something He said to you through your regular devotional life/Bible reading and journaling. End with sharing a personal discipleship insight to add to the Post-it on your previous list.

Review the L.I.V.E. method of journaling found in Week 5, Day 2. Ask each participant to read Psalm 119:97-104. While you play some instrumental worship music, ask your members to fill out a blank 8 ½ x 11 sheet you’ve provided using the Learn, Inspect, Value, Express approach. Ask them to BRIEFLY share insights gleaned. As a group, ask them to evaluate the strengths and weaknesses of the L.I.V.E. approach to journaling.

Create a Post-it entitled “hand illustration.” Ask the group to discuss this topic. Write down their observations. Squeeze out a long list of answers. Summarize the discussion by adding yet another “Self-feeder insight” to your previous list.

Point the group back to the Bible intake “hand illustration” Post-it you made at the beginning of today’s study. Ask each group member to reproduce the six ingredients of Bible intake that you reviewed earlier. Now, on the flip side of their L.I.V.E. journal entry, ask them to draw their hand in a way that illustrates their strengths and weaknesses. For example, the finger for reading might be long, but the finger for meditating could be short. Make the point that handling the Word of God in a healthy way will not over-emphasize one Bible intake method at the expense of another.

Using a Post-it entitled “Practical tips on how to meditate on Scripture,” have the group come up with 7-8 creative ideas for improving their discipline of meditating on the Word of God. Tie this back into the truths of Psalm 1:1-3.

Read aloud the “Perspective” section from Bible Intake (2) Week 5, Day 1. Give instructions to the group members that their assignment is to develop a personal 3-5 step strategy to move their Bible intake time more and more from duty to delight. Play some instrumental worship music while they work on this assignment. Have your group members share what they developed. Give them affirmation and constructive feedback.

Close in prayer for each member of the group. Pray specifically for each member of the group to grow in their capacity to meditate on God’s Word and to apply it so they might experience more and more biblical prosperity.