

Session 3 Treasuring Christ through his Word - feeding ourselves spiritually

Psalm 119:129-130

Your testimonies are wonderful;

therefore my soul keeps them.

The unfolding of your words gives light;

it imparts understanding to the simple. (Christopher Ash in Bible Delight)

And here they are in the NLT

Your laws are wonderful.

No wonder I obey them!

The teaching of your word gives light,

so even the simple can understand.

John 6:68

"Lord, to whom would we go? You have the words that give eternal life."

Group discussion:

What do these verses in Psalm 119 tell us about how the Psalmist values God's word?

11

I have hidden your word in my heart,

that I might not sin against you.

19

I am only a foreigner in the land.

Don't hide your commands from me!

28

I weep with sorrow;

encourage me by your word.

72

Your instructions are more valuable to me

than millions in gold and silver.

165

Those who love your instructions have great peace

and do not stumble.

1 The difficulties we experience in reading God's word

Philippians 4:6-7 (NLT)

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Psalms 119 v 105

Your word is a lamp to guide my feet and a light for my path.

Proverbs 2:

4 *Search for them as you would for silver;
seek them like hidden treasures.
Then you will understand what it means to fear the Lord,
and you will gain knowledge of God.*

6 *For the Lord grants wisdom!*

Psalms 103:14

For he knows how weak we are; he remembers we are only dust.

Matthew 11:29,30 says:

Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.

Time to buzz in groups/pairs:

- | | |
|---|--|
| 1 | What difficulties have you experienced, if any(!), in reading the Bible? |
| 2 | What do you think might help you overcome these? |

2 Why it's important to feed ourselves

Do you remember the verses from Psalm 119 that we began with?

Your laws are wonderful.

No wonder I obey them!

The teaching of your word gives light,

so even the simple can understand.

Psalms 19:7 (NLT)

The instructions of the Lord are perfect, reviving the soul.

God's promises are not just to feed us, they are to equip us for living the Christian life and for walking by faith:

Let's look at 2 Peter 1v4,5a:

...because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. In view of all this, make every effort to respond to God's promises.

3 A quick look at the practicalities of the different stages of life

(how to make our times with the Lord a priority now!)

A huge encouragement; we do not do this on our own

I read Phil 2 v 13 recently:

For God is working in you, giving you the desire and the power to do what pleases him.

2 questions to ask your neighbour at this point:

- 1 What have I found that helps me treasure Christ more through his Word?
(Could be a recommendation of a book or a Bible reading scheme or a way of doing our time with the Lord)
- 2 What discourages me about my Bible reading?

Recommendations

2 Timothy 3:16 (NLT)

All Scripture is inspired by God and is useful to teach us what is true and to make us realise what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

Links to possible helpful websites:

'The Bible in a Year' Five days a week (you can download the PDF at www.bibleclassmaterial.com)

She reads truth - You version

<https://itunes.apple.com/us/app/she-reads-truth/id892128363?mt=8>

The Bible Project - videos about different books of the Bible

<https://thebibleproject.com/explore/torah-series/>

God's Big Picture – Bible overview on Clayton TV with Vaughan Roberts

<http://www.clayton.tv/find/explore/1272/0i0/2924/>

The New City Catechism for grownups and for kids to learn the core doctrines of the Christian faith. There are books or there is an app for your phone <http://newcitycatechism.com>

Word Alert app - sends you a verse a day (danger is that you do not get the verse in its context...)

<https://itunes.apple.com/us/app/word-alert-daily-bible-verses/id416931540?mt=8>