

Oasis Sunday School Class

SPIRITUAL DISCIPLINES FOR THE CHRISTIAN LIFE

1 TIMOTHY 4:13, Lesson 4, 9/11/22

DISCIPLINE YOURSELF FOR THE PURPOSE OF GODLINESS.

5 SUB-DISCIPLINES OF BIBLE INTAKE:

1. _____ GOD'S WORD
2. _____ GOD'S WORD
3. _____ GOD'S WORD
4. _____ GOD'S WORD
5. _____ ON GOD'S WORD

MEDITATION:

1. IS _____ BY GOD
2. IS MODELED BY THE _____ IN SCRIPTURE

DEFINITION OF MEDITATION: A DEEP THINKING ON THE TRUTHS AND SPIRITUAL REALITIES REVEALED IN SCRIPTURE, OR UPON LIFE FROM A SCRIPTURAL PERSPECTIVE, FOR THE PURPOSES OF UNDERSTANDING, APPLICATION AND PRAYER.

PSALM 1 BLESSED IS THE MAN WHO WALKS NOT IN THE COUNSEL OF THE WICKED, NOR STANDS IN THE WAY OF SINNERS, NOR SITS IN THE SEAT OF SCOFFERS; BUT HIS DELIGHT IS IN THE LAW OF THE LORD, **AND ON HIS LAW HE MEDITATES DAY AND NIGHT.** HE IS LIKE A TREE PLANTED BY STREAMS OF WATER THAT YIELDS ITS FRUIT IN ITS SEASON, AND ITS LEAF DOES NOT WITHER, **IN ALL THAT HE DOES, HE PROSPERS.**

JAMES 1:25 BUT ONE **WHO LOOKS INTENTLY** AT THE PERFECT LAW, THE LAW OF LIBERTY, AND ABIDES BY IT, NOT HAVING BECOME A *FORGETFUL HEARER* BUT AN *EFFECTUAL DOER*, **THIS MAN WILL BE BLESSED IN WHAT HE DOES.**

GENERAL RULE: IN YOUR PERSONAL DAILY INTAKE OF SCRIPTURE YOU ARE TO BOTH READ AND MEDIATE.

17 DIFFERENT WAYS TO MEDIATE:

1. REVIEW THE VERSE REPEATELY, EMPHASIZING A DIFFERENT _____ EACH TIME YOU READ IT.
JOHN 11:25 I AM THE RESURRECTION AND THE LIFE.
2. _____ THE VERSE IN YOUR OWN WORDS.
3. FORMULATE A _____ FROM THE TEXT. (ASK: WHAT DID IT TEACH?)
4. THINK OF AN _____ OF THE TEXT. (ASK: WHAT PICTURE EXPLAINS IT)
LUKE 13 HE SAID THEREFORE, "WHAT IS THE KINGDOM OF GOD LIKE? AND TO WHAT SHALL I COMPARE IT? IT IS LIKE A GRAIN OF MUSTARD SEED THAT A MAN TOOK AND SOWED IN HIS GARDEN, AND IT GREW AND BECAME A TREE, AND THE BIRDS OF THE AIR MADE NESTS IN ITS BRANCHES." AND AGAIN HE SAID,

"TO WHAT SHALL I COMPARE THE KINGDOM OF GOD? IT IS LIKE LEAVEN THAT A WOMAN TOOK AND HID IN THREE MEASURES OF FLOUR, UNTIL IT WAS ALL LEAVENED."

5. LOOK FOR _____ OF THE TEXT
(ASK HOW AM I TO RESPOND TO THIS TEXT?)
6. ASK HOW THE TEXT POINTS TO THE _____ (OT) OR TO THE _____ (NT).

PSALM 23:1 THE LORD IS MY SHEPHERD

JOHN 10:11 I AM THE GOOD SHEPHERD WHO LAYS DOWN HIS LIFE FOR THE SHEEP.

IS. 53:6 ALL WE LIKE SHEEP HAVE GONE ASTRAY; WE HAVE TURNED EVERYONE TO HIS OWN WAY; AND THE LORD HAS LAID ON HIM THE INIQUITY OF US ALL.

7. ASK HOW THE TEXT POINTS TO SOMETHING ABOUT _____
LUKE 24:27 BEGINNING WITH MOSES AND WITH ALL THE PROPHETS, HE EXPLAINED TO THEM THE THINGS CONCERNING HIMSELF IN ALL THE SCRIPTURES.
(NEW WORD FOR YOU: CHRISTOCENTRICALLY!)

8. ASK WHAT _____ IS ANSWERED OR WHAT _____ IS SOLVED BY THE TEXT.

JOHN 11:35 JESUS WEPT

JOHN 3:16 FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS ONLY BEGOTTEN SON THAT WHOSEVER BELIEVES IN HIM SHALL NOT PERISH, BUT HAVE ETERNAL LIFE.

9. _____ THROUGH THE TEXT

10. _____ THE TEXT

11. CREATE AN _____ EXPRESSION OF THE TEXT

12. ASK PHILLIPIANS _____ QUESTIONS OF THE TEXT.

FINALLY, BROTHERS, WHATEVER IS TRUE, WHATEVER IS HONORABLE, WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS COMMENDABLE, IF THERE IS ANY EXCELLENCE, IF THERE IS ANYTHING WORTHY OF PRAISE, THINK ABOUT THESE THINGS.

ASK THESE QUESTIONS:

- WHAT IS TRUE ABOUT THIS OR WHAT TRUTH DOES THIS EXEMPLIFY.
- WHAT IS HONORABLE ABOUT THIS?
- WHAT IS JUST ABOUT THIS?
- WHAT IS PURE ABOUT THIS OR HOW DOES IT EXEMPLIFY PURITY?
- WHAT IS LOVELY ABOUT THIS?
- WHAT IS COMMENDABLE ABOUT THIS?
- WHAT IS EXCELLENT ABOUT THIS?
- WHAT IS PRAISEWORTHY ABOUT THIS?

13. ASK THE "**JOSEPH HALL QUESTIONS**" OF THE TEXT.

- WHAT IS IT YOU ARE MEDITATING ON ?
- WHAT ARE ITS DIVISIONS AND PARTS?
- WHAT CAUSES IT?
- WHAT DOES IT CAUSE; THAT IS WHAT ARE ITS FRUITS AND EFFECTS?
- WHAT IS ITS PLACE, LOCATION OR USE?
- WHAT ARE ITS QUALITIES AND ATTACHMENTS?
- WHAT IS CONTRARY, CONTRADICTIONARY OR DIFFERENT TO IT?
- WHAT COMPARES TO IT?
- WHAT ARE ITS TITLES OR NAMES?
- WHAT ARE THE TESTIMONIES OR EXAMPLES IN SCRIPTURE ABOUT IT?

14. SET AND DISCOVER A MINIMUM NUMBER OF _____ FROM THE TEXT

15. FIND A _____ LINK OR THREAD BETWEEN ALL THE PARAGRAPHS OR CHAPTERS YOU READ.

16. ASK HOW THE TEXT SPEAKS TO YOUR CURRENT _____ OR QUESTION

17. USE MEDITATION _____