

Start the day with the Bible on your lap.

Lesson for Sunday, June 16, 2019

INTRODUCTION:

Someone once said that the person you will become is dependent on the people you meet, the books you read and the places you will visit.

- As Christians we can boil two of these down very specifically. We might say it like this: The person you will become is dependent on your relationship with God and the time you spend in His Word.
- If we do not work to keep our relationship with God right, the other relationships of life will never be what they are supposed to be.

A familiar saying around FBT is “Start the day with the Bible on your lap.”

- This daily time with the Lord is the key habit that every Christian should strive to develop.

Ask: Most Christians already know that daily time with God is critical, but most admittedly do not do it on a regular basis. Why do you think this is true? Why is this a difficult habit to develop?

- We know what to do, so today we will focus on how to do it...

BIBLE STUDY:

NOTE TO TEACHERS: This outline is not intended to take a large portion of your time. 10 to 15 minutes should be plenty of time to cover this section. ***The application section is critical*** so be sure to plan your time carefully so you will have the time required to cover the application in its entirety.

Let’s look at what our purpose should be in having a daily time with God.

1. Read Psalm 29:2 – To give **DEVOTION** to God.
 - a. The first purpose is for us to come and give to God, not to get from Him!
 - b. This is a paradigm shift for most. Most people will quit having devotions and make the statement, “I wasn’t getting anything out of it!”
 - c. When we come to the table to spend time with God, our first priority should be to give back to the Lord what He rightly deserves.
 - d. Discuss briefly: What does God deserve from us? Why does He deserve it?
2. Read Psalm 25:4 – To get **DIRECTION** from God.
 - a. Most of us go right through the week doing what we want to do. We may ask the Lord to bless our plans but we rarely ask God what His plans for us might be. (Possible cf. James 4:13-15.)
 - b. When we come to a daily time with God, we should come with the attitude asking, “God, these are my plans for this day, but make me sensitive to what you would have me to do.”
3. Read II Peter 1:3-4 – To grow **DAILY** like God.
 - a. God is critically interested in us looking more like His Son. If we are interested in becoming more like Jesus, we must spend time with Him.
 - b. ILL: If you are a parent, you have experienced the concern about who your children hang out with. Why? Because we become like the ones we spend time with.
 - c. If we want to be like Jesus, we must spend time with Him in the Word.

- d. For example, love is not a quality that God has; it is who He is. When He loves, He is being Himself. As we spend time with God and then show love toward others, we are becoming more like Him.

APPLICATION: We want to use this time to introduce a simple way to study the Bible daily.

A simple method of studying your Bible requires a Bible, pen, and journal. Use the acrostic: H.E.A.R. By using the H.E.A.R. journal method of reading the Bible you will find yourself reading in order to understand and respond to God's Word. The acronym stands for: HIGHLIGHT, EXPLAIN, APPLY, & RESPOND.

1. **Step #1:** Begin by sincerely asking God to open your eyes to see what He has for you today (Psalm 119:18). Remember, we need the help of the Holy Spirit to understand the truths that God has revealed to us in His Word (1 Corinthians 2:12-14).
2. **Step #2:** Open your journal and at the top left corner write the letter "H." In the course of your reading one or two verses will usually stand out and speak to you. HIGHLIGHT each verse that speaks to you by copying it under the letter "H." Write out the following: the name of the book of the Bible, the passage of Scripture, the chapter and verse numbers that especially speak to you, and a title to describe the passage.
3. **Step #3:** Write the letter "E." At this stage you will EXPLAIN what the text means. Here are a few questions to consider: Why was this written? To whom was it originally written? How does this fit with the verses before and after it? Why did the Holy Spirit include this passage in the book? What is He intending to communicate through this text?
4. **Step #4:** Write the letter "A." Now we attempt to bridge the gap between the ancient world and our world today. Consider: How can this help me? What does this mean today? What would the application of this verse look like in my life? What is God saying to me?
5. **Step #5:** Write the letter "R" for RESPOND. Your response to the passage may take on many forms. You may write a call to action. You may describe how you will be different because of what God has taught you through His Word. You may respond by writing out a prayer to God.

After introducing this concept, choose a passage of Scripture and work through a couple of verses as a class using the H.E.A.R. method of study.

TO DO: *Start every day with the Bible on your lap.*

- Half of 2019 is almost over. How have you used your devotion time so far this year? If you are disappointed in yourself, take heart. Tomorrow is a new day! Begin tomorrow with a fresh perspective on spending time with God. Then continue that effort each day afterward and finish the remaining half of 2019 well!
- You may want to choose some passages and work through them as a class during the upcoming week.
- Make yourself available to help group members as they begin this process.