



# Letting The Bible Transform Our Thinking

## How To Get The Most From Scripture

*As God's written word to us, the Bible is the basis for our faith, and within it contains the answers to life's toughest questions. Hebrews 4:12 describes all Scripture as "living and active." Therefore, it cannot be fully understood with merely a casual reading. Instead, Scripture is infinitely multifaceted, and often God reveals something new to us each time we read. This is why it is important to not only read Scripture, but to study it as well!*

Before opening your Bible, it is important to get your heart right with God by yielding your heart and mind to the Holy Spirit. One of the purposes of the Spirit is to show you how wonderful the Lord Jesus is and to reveal that glory in Scripture. When we ask God to reveal Himself to us, He enables us to understand what we are reading and speaks to our hearts.

### Reading

Use a reading plan of some sort that will systematically take you through the whole Bible. One way of doing this is to have a list of all the books of the Bible and cross off each one as you read it; this way you don't have to read it in order, but still make it through the whole Bible. There are reading plans that will get you through the Bible in a year, or two years, or three years, depending on how much you want to read each day. If you have never read any of the Bible before, start with one of the Gospels in the New Testament, such as Mark.

### Studying

The biggest difference between reading and studying is that in studying you have a pen and paper in hand. You can write down observations and questions, check for cross-referenced verses, pick a key word from a passage and look it up on a concordance to find other places and ways it is used, or even outline a chapter one paragraph at a time.

Questions to help you apply the text ***(SPACE PETS)***

Sin to confess?	Prayer to pray?
Promise to claim?	Error to avoid?
Attitude to alter?	Truth to believe?
Command to obey?	Something to praise God for?
Example to follow?	

### Memorizing

When you have memorized Scripture, the Spirit can easily bring it to your attention when you need it most. Think of Jesus being tempted in the desert, and responding with Scripture. God also uses it what we've memorized during times with non-Christians or when we're helping someone through a tough time. And, when you have it memorized, you can meditate on the Scripture any time!

- Choose verses on a topic that God is showing you, or memorize an entire passage.
- It sometimes helps to write it out and think of a creative way to remember it.
- Try to memorize it word for word, with the reference.
- It might help to find someone in your Life Group to do this with.
- Read them often so you don't forget what you've memorized.

### Meditating

Christian meditation is deep thinking about the truths and spiritual realities revealed in Scripture for the purposes of understanding, applying, and prayer.

- Pick a verse/verses or phrase that struck you during your daily reading. Or, pick a verse/verses that apply to some situation, difficulty, temptation, or area you want to grow in.
- Repeat the verse many times, emphasizing a different word each time (***I*** am the bread of life. ***I am*** the bread of life. I am ***the*** bread of life, etc.)
- Rewrite the verse in your own words. This helps focus your attention, and stimulates your thinking.
- Pray through the text. Talk to God about what you're learning and thank Him for it.

