



HOW TO STUDY YOUR BIBLE: Session 1



IN THIS SESSION

The Bible explains itself as spiritual food, nourishing the soul of a person. Many of us are living on a snack diet or less and, as a result, are malnourished.



KEY PASSAGES

- **Psalm 119:9** How can a young man keep his way pure? By living according to your word.
- **Psalm 119:11** I have hidden your word in my heart that I might not sin against you.
- **Psalm 119:105** Your word is a lamp to my feet and a light for my path.
- **2 Tim 3:16-17** All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.
- **Isaiah 55:10-11** ¹⁰ As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, ¹¹ so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.
- **Hebrews 4:12** For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.
- **Romans 10:17** Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.



DISCUSS

- For you, what is your typical interaction with the Bible? How often do you read? When you do read, how much time do you typically spend reading the Bible?
- There are many reasons people give for not reading the Bible (i.e. I don't have time, It seems irrelevant to my life, it is confusing and hard to understand, I feel guilty when I read the bible, it is out of date and culturally regressive, I have doubts, I just don't like to read). Which of these do you tend to resonate with the most?
- Read through the key passage above together. What sticks out at you in these verses about the benefit of the Bible?
- What do you think a person misses out on when they neglect regular time in the Bible?



PRAY

As you begin the "HOW TO STUDY YOUR BIBLE" study, you may want to spend some time asking God to help you understand Him better through the Bible. You may want to thank Him for giving us the Bible.