

Christian Spiritual Disciplines

“No spiritual discipline is more important than the intake of God’s word.” - Whitney, p.28



Scripture on Scripture

Above all, you must realize that no prophecy in Scripture ever came from the prophet's own understanding,²¹ or from human initiative. No, those prophets were moved by the Holy Spirit, and they spoke from God.

2 Peter 1:20-21 NLT

Scripture on Scripture

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. ¹⁷ God uses it to prepare and equip his people to do every good work.

2 Timothy 3:16-17 NLT

Scripture on Scripture

For you have been born again, but not to a life that will quickly end. Your new life will last forever because it comes from the eternal, living word of God.

1 Peter 1:23 NLT

Scripture on Scripture

Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth.

2 Timothy 2:15 NLT

Scripture on Scripture

"Listen, O Israel! The LORD is our God, the LORD alone. ⁵

And you must love the LORD your God with all your heart, all your soul, and all your strength. ⁶ And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

Deuteronomy 6:4-9 NLT

Scripture on Scripture

Therefore, we never stop thanking God that when you received his message from us, you didn't think of our words as mere human ideas. You accepted what we said as the very word of God-- which, of course, it is. And this word continues to work in you who believe.

1 Thessalonians 2:13 NLT

Scripture on Scripture

Until I get there, focus on reading the Scriptures to the church, encouraging the believers, and teaching them.

1 Timothy 4:13 NLT

Methods of Bible Intake

1. Church – The Public Gathering



Methods of Bible Intake

2. Bible Study and Small Group



Methods of Bible Intake

3. Private Reading



Methods of Bible Intake

4. Audio Tapes



Methods of Bible Intake

5. TV and Radio



Methods of Bible Intake

6. Apps



Methods of Bible Intake

7. Our Memory



The Purpose of Bible Intake

1. Godliness (1 Tim. 4:7).
2. Renewing of our minds. (Rom. 12:2)

Geoffrey Thomas “Let the Word break over your heart and mind again and again as the years go by, and imperceptibly there will come great changes in your attitude and outlook and conduct.”

3. Conviction & Judging our lives. Heb. 4:12
4. Spiritual Life and sustenance. Matthew 4:2-4; 1 Pet. 2: 2.
5. Spiritual Warfare. Eph. 6:12.
6. Correction, teaching, rebuking, and training in righteousness. 2 Tim. 3:16
7. Blessing and Success. Rev.1: 3; Joshua 1:8.

The Purpose of Bible Intake

8. It defines every human characteristic 1 Cor 13;
Ecc 8:11
9. Points us to Jesus

The Plan

1. Find the time! No excuses. It takes only 71 hrs to read the entire Bible (15 min a day).
2. Don't do it just before sleeping. You retain very little and you don't get to apply it immediately
3. Three from the Old, Three from the New (OT once a year; NT four times).
4. Five places each day: The Law, History, Poetry, Prophets, and New Testament.
5. Three places each day starting at Genesis, Job, and Matthew.
6. 90 Chapter challenge!

The Canonical Hours

1. The evening service, or *lucernarium*, which was the service of ***Vespers***;
2. The midnight service, the origin of the ***Nocturns*** or ***Martins***;
3. The service at daybreak, the origin of ***Lauds***.



The Ancient Art of Memory

Listen to the words of the wise; apply your heart to my instruction.

Proverbs 22:17 NLT

The Ancient Art of Memory

Therefore, I will always remind you about these things-- even though you already know them and are standing firm in the truth you have been taught. ¹³ And it is only right that I should keep on reminding you as long as I live. ¹⁴ For our Lord Jesus Christ has shown me that I must soon leave this earthly life, ¹⁵ so I will work hard to make sure you always remember these things after I am gone.

2 Peter 1:12-15 NLT

The Ancient Art of Memory

Let me now remind you, dear brothers and sisters, of the Good News I preached to you before. You welcomed it then, and you still stand firm in it. ² It is this Good News that saves you if you continue to believe the message I told you-- unless, of course, you believed something that was never true in the first place.

1 Corinthians 15:1-2 NLT

The Ancient Art of Memory

I have hidden your word in my heart, that I might not sin
against you.

Psalm 119:11 NLT

According to Augustine, God can be found in our memories.
(*The Confessions* 10.24-25)

The Ancient Art of Memory

Athanasius on St. Anthony – “his memory served him for books.”

MEMORIZATION IS ABOUT THE RE-CREATION OF OUR MINDS.

The Purpose of Memorization

1. Memorization re-creates our minds.
2. Memorization supplies spiritual power.
3. Memorization strengthens our faith.
4. Memorization is a tool for witnessing and counseling.
5. Memorization is the way the Spirit guides us.

Hints for Memorization

1. Have a plan.
2. Write out the verses.
3. Draw pictures.
4. Memorize word-perfectly.
5. Find a partner for accountability.
6. Choose a quiet and lonely spot to memorize if possible.
7. Review and meditate every day.
8. Use puns and word-pictures (*enargeia*).
9. Use key words (or ideas) as chains (*catena*) linking different verses. Words glow with associated meanings.

Hints for Memorization

10. Often outrageous, violent, or disturbing pictures help in memorization. The mind remembers original or outstanding things better.
11. Deliberately create emotion in your reading and memorization.
12. Visualize the words, think of letters as pictures.
13. Use etymology, the origin of words.
14. Focus on the sound of words and patterns in the verses.
15. Think of your memory as a cognitive map, building (*ekphrasis* – making a building), beehive, piece of paper, a mosaic, or a bookshelf – choose which schemata you want to organize your thoughts.