

4

*Living
The Life*

**CREATIVELY
CONNECTING
WITH GOD**

**SAVORING
THE WORD**



This week presents seven more opportunities to steep in the riches of God's Word with Him and receive priceless treasures. Remember the goal is to follow Jesus' lead and savor sweet sips of Scripture as you interact with and listen to Him, not to complete every page! Just like having a cup of tea with a friend, you want to keep this relational and not let it become a task you check off. Ask Jesus for the grace to do this. That's a prayer He delights to answer.

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When we read Scripture without listening to God,
Scripture is sabotaged.

Eugene Peterson

Living the Life: Obedience

CREATIVE MEDITATION OPPORTUNITIES

FOCUS: 2 Timothy 3:16

INTRODUCTION:

God's Word Can Pull Us Toward or Away From Jesus
The Heart of the Hand Illustration

DAY 1: Read in Context - Lined Borders

DAY 2: Read other versions - Introduction to Motifs

DAY 3: Ponder Key Words - Curvy Motifs

DAY 4: Ponder Cross References - Combined Motifs

DAY 5: Ponder Phrase by Phrase Line & Motif Combos

DAY 6: Connecting To Your Life Combination Borders

DAY 7: Reflect & Respond - Creating New Designs

INTRODUCTION

God's Word can lead us to Jesus in beautiful ways.

I initially planned to read one time through the Bible in a year. However, after sharing my journey's highlights, friends eagerly urged me to do it again and lead a discussion group so they could join me in reading through the Bible. Little did I know, this decision would spark a transformative experience for all of us, bringing new understanding, deepened faith, and unexpected encounters that changed lives forever.

In the middle of Leviticus, two sisters who didn't know Jesus started attending our group. I thought, "Oh no! What a place to start!" But they kept coming. Before long, one of them entered into a relationship with the Lord. Her sister, a legal secretary, said, "I'm going to wait until I finish reading the whole thing." Sure enough, as soon as we finished, she surrendered her life to the Lord. Their lives, and all of ours, were radically changed, showcasing the truth of 2 Timothy 3:16: "All Scripture is breathed out by God and profitable..." Even Leviticus!

But God's Word can also pull us away from Jesus

After we finally started reading the New Testament, one friend exclaimed, "I don't like Jesus!"

She had never read much of the Bible and was appalled by some of the things Jesus said. As we continued reading, we discovered she wasn't the first to feel this way. In John 6:60, even Jesus' disciples said, "This is a hard teaching!" and many turned away. But when Jesus asked the twelve if they wanted to leave, Peter replied, "Lord, to whom shall we go? You have the words of eternal life, and we have believed and have come to know that you are the holy one of God."

This highlights how understanding the harder teachings of the Bible requires seeing them in the context of a relationship with the Lord.

Context is Crucial

A murderer and a surgeon may both stab you. But one does it for life. The other to harm. Context makes all the difference. And context isn't only the verses before and after but also the context of the character of God.

The enemy is only too happy to provide you with a context that puts the Lord in a bad light. He desires to get us to go from "I don't like what's happening in my life" to "I don't like the One who is allowing these things in my life" so we'll avoid running to the Lord using such reasoning as, "God can do anything and yet He's letting you go through this? Obviously, He doesn't care about you."

That is a lie. Yet it's amazing how that lie can fester and impact us and our relationship with the Lord if we don't take the time to confront it head-on and process in the presence of the Lord.

But when we do, not only do we gain a true perspective that can help us weather the worst storm but our relationship with the Lord is strengthened and we grow.

What is your focus as you come to God's Word?

I thought taking the group through the New Testament would be easier than the Old Testament. Was I ever wrong. About a month in, I knew something was really off but couldn't put my finger on it. When an older friend on Navigator staff visited I shared with him what was happening, and he observed. "In the Old Testament, you knew there was a lot they weren't going to get and a lot you still don't know, so you encouraged them to focus on what they could understand. The women came each week sharing what they sensed the Lord was saying to them through His Word.

But when you started in on the New Testament, you knew more about this part of the Bible so when they asked questions, you answered and then they began focusing on what they didn't know. It sounds like their time reading the word has shifted from reading relationally to reading informationally. They've stopped listening to hear from the Lord and started listening to you. Stop answering questions and encourage them to go back to listening to Jesus."

I followed his advice and, once again we were all on track, going deeper with the LORD.

Satan can use Scripture to deceive us and lure us to sin

The Bible is called the Word of God and the Living Word for a reason. It is never meant to be read as isolated words on a page. The enemy knows this and loves to exploit this.

He even tried to do this with Jesus in Matthew 4:6, quoting Scripture to tempt him. But Jesus responded with other Scriptures that put the focus back on God.

What do you hear?

Our personal experiences can also color our interpretation of Scripture. For example, the way we imagine Jesus' tone and expressions can significantly affect our understanding. Another reason my friend didn't like Jesus was because she read His words through the lens of her experience with a critical father. It's essential to ask, "What tone of voice am I hearing? How did the original hearers receive this?"

There is a world of difference if we see Jesus wagging his finger at Zaccheus and commanding, "You come down." Versus him smiling, and beckoning Zaccheus to come as he emphasizes the 'you' as in, "Yes you, you're the one I've specifically chosen to spend time with while I'm in your village." (Luke 19:1-10)

Wise is the person who considers, “What is my concept of God?” And “How does this verse or passage align with what He’s revealed about himself and his character?”

Guard against independence and pride

In John 5:39-40 Jesus confronts the Pharisees, stating, “You diligently study the Scriptures because you think by them you have eternal life... yet you refuse to come to me.” We are given a warning in 1 Corinthians 8:1b, “Knowledge puffs up, but love builds up.” And we’re told in 1 Peter 5:5 that “God opposes the proud.” As we grow in our knowledge of the Bible, especially as we have more verses memorized than people around us, we need to be careful this doesn’t increase our pride, or we can find our time in the Word not only pulling us away from the Lord but resulting in us being opposed by him.

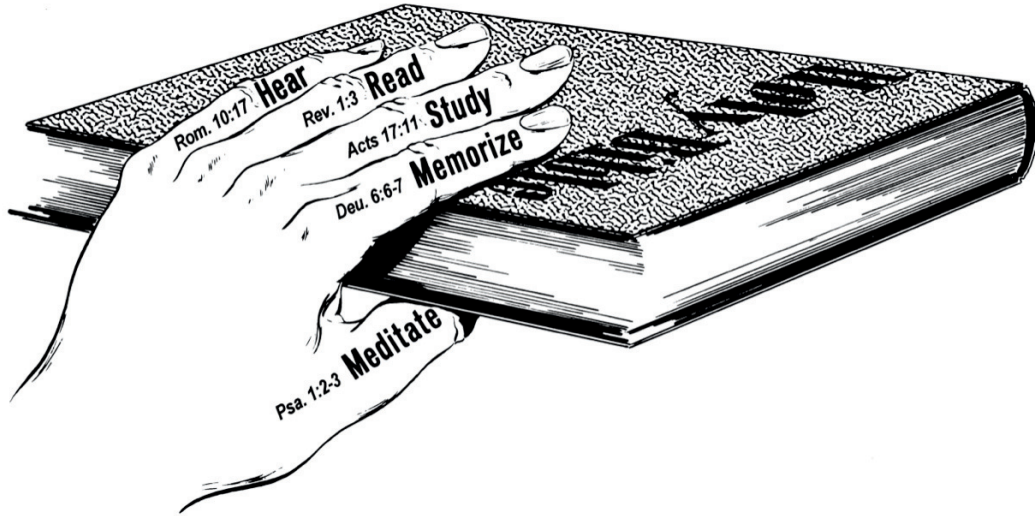
The very Bible given to us to help Jesus stay central in our lives can pull us away if we don’t come to Him as we read it. We need to read Scripture in the context of who God has revealed Himself to be and seek Jesus’ wisdom, asking Him to guide our understanding. By doing so, we ensure that our relationship with Him grows stronger, and we gain the perspective needed to navigate life’s challenges.

In the coming week, we’ll explore what it looks like to come to Jesus as we read the Bible, to help keep Him at the center of our lives.

But first, in what ways have you experienced the Bible pulling you away from Jesus?

The Hand Illustration

There is an illustration that was developed by Dawson Trotman, the founder of the Navigators. It uses a hand, with the fingers and thumb representing five activities that enable us to get a grip on the Bible.



The little finger represents hearing the Bible.

The little finger is, of course, the weakest. Hearing the Bible read in church or read by an app on our phones, is of value but only of very limited value. We tend to remember 5% of what we hear. This is why we need to add other practices.

The ring finger represents reading the Bible.

Without a doubt, reading the Bible is hugely valuable. It is to be hoped that all Christians are in the habit of reading their Bibles regularly. But the ring finger is still pretty weak. On average, people tend to remember 15% of what they read. Someone could easily snatch the Bible out of your hand if you were holding it by just your ring finger (or even you little and ring fingers together.)

The middle finger represents studying the Bible.

This finger is much stronger. Most people retain 35% of what they study. Dawson Trotman once asked some young men what the difference was between Bible reading and Bible study. One said that when we read more carefully it becomes study. Trotman said no, we should always read the Bible carefully. Bible reading becomes Bible study when we use pen and paper (or, these days, a computer.)

The index finger represents memorizing the Bible.

The index finger is the strongest finger of all. We might forget most of what we hear or read but we retain 100% of what we memorise if we consistently review it.

I have hidden your word in my heart that I might not sin against you.
Psalm 119:11

When we memorize scripture, we can use it any time we need it - to resist temptation (like Jesus did) or to worship God or to encourage or guide someone else.

Our grip on the Bible is much stronger when we listen, read, study and memorize the Scriptures.

The thumb represents meditating on the Bible.

Think how limited your hand would be without the thumb. The thumb can be used in conjunction with each of the other fingers. We can listen and meditate, read and meditate, study and meditate. And, if we have memorized scriptures, we can meditate on them at any time. If we want a good grip on the Bible, we need to soak ourselves in it - hearing it, reading it, studying it, memorizing it and meditating on it.

God also told Joshua to get a grip on the Bible. What we see here is not exactly the same as the hand illustration but similar. Moses had led the people of Israel out of slavery in Egypt and, for forty years, as they wandered in the desert. But then Moses died and Joshua was his successor and commissioned to lead the nation into the promised land. God gave these instructions to Joshua...

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or the left, that you may be successful wherever you go. Keep this book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Joshua 1:7-8

God promised Joshua success. But that success depended on what he did with the Scriptures - the law he had received from Moses. Joshua had been Moses' apprentice as he was trained to take over. He had heard the teaching from Moses' lips. Tradition says that Moses wrote the first five books of the Old Testament, and that is borne out by this passage. Joshua had a written copy. So, he had heard and was able to read the Scriptures. He was also told to keep it on his lips. That suggests he was to speak it out as he gave instruction to the people, as he settled disputes, as he taught. Speak Scripture. Keep it on your lips.

But that also implies that he had memorized it. What Moses had spoken to him, he had memorized and, having memorized it, he was able to speak it.

But then God said that he was to meditate on it. Meditating simply means to ponder it; think about it; turn it over in your mind. Joshua was to meditate on it day and night. He was to constantly be thinking about God's word so as to hear God speak and gain understanding.

But ultimately, he was to put it into practice. Twice God said that Joshua's success depended on obeying all of it (v.7) and being careful to do everything written in it (v.8). The point of all Bible listening and reading and study and memorizing and meditation is application - putting it into practice. Success does not depend on reading or studying but on doing.

In the Space below draw an outline of your hand then label each of the fingers according to the Hand Illustration:

SOURCES: <https://mpcsermons.wordpress.com/2017/06/11/11-6-17-get-a-grip-on-the-bible-peter-cheyne/> ,
<https://www.navigators.org/resource/the-word-hand/>

Scripture Memory

2 Timothy 3:16

Memorize the verse one phrase at a time, repeating each phrase at least three times before moving on to the next.

The Word
2 Timothy 3:16

The Word
2 Timothy 3:16

All Scripture

The Word
2 Timothy 3:16

All Scripture
Is breathed out by God

The Word
2 Timothy 3:16

All Scripture
Is breathed out by God
And profitable

The Word
2 Timothy 3:16

All Scripture
Is breathed out by God
And profitable
For teaching, for reproof, for correction,

The Word
2 Timothy 3:16

All Scripture
Is breathed out by God
And profitable
For teaching, for reproof, for correction,
And for training in righteousness

2 Timothy 3:16

Course Corrections

excerpt from a message given by Jerry Bridges in 2007
entitled Four Essentials for Finishing Well

In my Navy days before we had global positioning satellites we used a sexton to get our navigational position twice each day. At dawn and at dusk we would “shoot the stars” and get a position. And invariably after having done that, we had to make a minor course correction. Obviously, if we didn’t do that, not only daily but in our case twice a day, we would soon find that we were way off course.

You and I also need that daily course correction, and we do this as we have this focused time with God.

Now it’s helpful to have a plan, but the plan must direct you to God himself. Do we spend time with God or do we just read a chapter in the Bible? Spending time with God certainly involves the reading of a chapter or three verses or three chapters or whatever. But the object of that is to meet with God, to have God speak to us, and to respond to him.

As I open my Bible each day, I ask, “Lord, may I today spend time with you. Would you speak to me from your Word? Would you encourage Me? Would you teach me? Would you rebuke me if I need it? Lord, whatever you see that I need today, I come to spend time with you.” Then as I begin to read the passage, I respond to God over what I’m reading. I pray back to him whatever is appropriate in that passage.

if you read through the Psalms, you will notice that in most of them, the psalmist is either speaking to God or speaking about God. But usually, he is speaking to God. Sometimes he’s rejoicing and sometimes he’s lamenting. He says, for example, “O God, why do you hide your face from me (Psalm 88:4). he is interacting with God. This is what we want to do. And as we daily seek to have that personal communion with God, God will give us that navigational fix, so to speak, and he will show us what course corrections we need to make in our lives so that we do not drift off course.

Day 1:

Consider The Context

3 But understand this, that in the last days there will come times of difficulty. 2 For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, 3 heartless, unappeasable, slanderous, without self-control, brutal, not loving good, 4 treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, 5 having the appearance of godliness, but denying its power. Avoid such people. 6 For among them are those who creep into households and capture weak women, burdened with sins and led astray by various passions, 7 always learning and never able to arrive at a knowledge of the truth. 8 Just as Jannes and Jambres opposed Moses, so these men also oppose the truth, men corrupted in mind and disqualified regarding the faith. 9 But they will not get very far, for their folly will be plain to all, as was that of those two men. 10 You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, 11 my persecutions and sufferings that happened to me at Antioch, at Iconium, and at Lystra—which persecutions I endured; yet from them all the Lord rescued me. 12 Indeed, all who desire to live a godly life in Christ Jesus will be persecuted, 13 while evil people and impostors will go on from bad to worse, deceiving and being deceived. 14 But as for you, continue in what you have learned and have firmly believed, knowing from whom^[a] you learned it 15 and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. 16 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, 17 that the man of God may be complete, equipped for every good work.

LOOK:

LISTEN:

LIVE IT OUT:

Let It Last

Draw below a sketch illustrating the main treasure the Lord blessed you with during your time with Him in His Word:

“Reading is the first thing, just reading the Bible. As we read we enter a new world of words and find ourselves in a conversation in which God has the first and last words. We soon realize that we are included in the conversation. We didn’t expect this. But this is precisely what generation after generation of Bible readers do find: The Bible is not only written about us but to us. In these pages we become insiders to a conversation in which God uses words to form and bless us, to teach and guide us, to forgive and save us.”

- Eugene Peterson,
Introduction to The Message

Scripture Memory Review

“If you understand from the beginning that memorization is essentially review, the battle is half won. A person says, “I can memorize a verse one day but I forget it by the next.” But the fact is that he never memorized it in the first place. He simply got to the place where he could quote the verse a few minutes after he had studied it. But that is not really writing it on the table of the heart. A verse is not fixed in the memory until it has been periodically and regularly reviewed over an extended period of time.”

- Lorne Sanny, Memorize The Word, p. 15

In the first box below write from memory this week’s memory verse for The Word (writing the title, reference, verse, and reference), then check to see if you got it word perfect.

Then write the verse again in the box next to it. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ

Lined Borders

Borders are like boundaries, they help to hold things in and keep things out.

When I started sketching a summary picture at the end of my quiet times, I was amazed at the difference a simple line border made when drawn around my picture.

As you draw your border on the next page, you might find it beneficial to ponder:

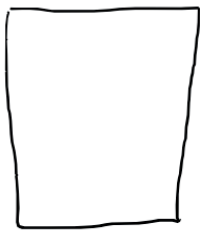
In what way is God's word like a border or boundary in your life?

What difference would it make if you didn't have this?

How have you experienced God's Word being useful in your life?

Borders can take many different forms. Below are some examples. Select one to add to your verse on the next page and another to adorn your sketch on the previous page. What difference does it make when you add even a simple border?

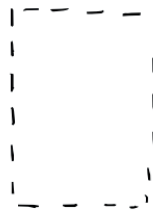
SINGLE LINE



STRAIGHT



WONKY

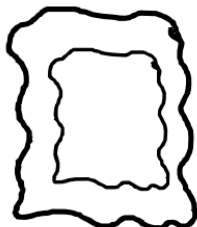
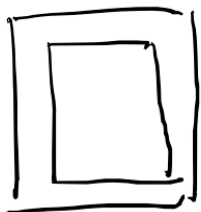


DASHED

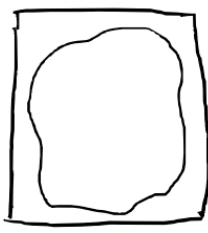
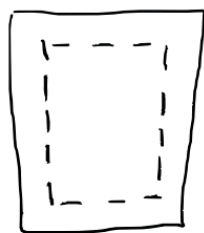


VARIABLE

DOUBLE LINE



MIXED



The fun of a double line border is how it creates space to fill with patterns or color (crayons, watercolor, colored pencils) or you can leave the outline empty for a simple beauty that pulls your page together.

All Scripture is
breathed out by God
and profitable
for teaching,
for reproof,
for correction,
and for training
in righteousness,
that the man of God
may be complete,
equipped for every
good work.

2 Timothy 3:16-17

Day 2

Contemplate In Another Version

2 Timothy 3:16

1-5 But you must realise that in the last days the times will be full of danger. Men will become utterly self-centred, greedy for money, full of big words. They will be proud and contemptuous, without any regard for what their parents taught them. They will be utterly lacking in gratitude, purity and normal human affections. They will be men of unscrupulous speech and have no control of themselves. They will be passionate and unprincipled, treacherous, self-willed and conceited, loving all the time what gives them pleasure instead of loving God. They will maintain a facade of "religion", but their conduct will deny its validity. You must keep clear of people like this.

6-9 From their number come those creatures who worm their way into people's houses, and find easy prey in silly women with an exaggerated sense of sin and morbid cravings—who are always learning and yet never able to grasp the truth. These men are as much enemies to the truth as Jannes and Jambres were to Moses. Their minds are distorted, and they are traitors to the faith. But in the long run they won't get far. Their folly will become as obvious to everybody as did that of Moses' opponents.

10-11a But you, Timothy, have known intimately both what I have taught and how I lived. My purpose and my faith are no secrets to you. You saw my endurance and love and patience as I met all those persecutions and difficulties at Antioch, Iconium and Lystra.

11b-13 And you know how the Lord brought me safely through them all. Persecution is inevitable for those who are determined to live really Christian lives, while wicked and deceitful men will go from bad to worse, deluding others and deluding themselves.

14-17 Yet you must go on steadily in all those things that you have learned and which you know are true. Remember from what sort of people your knowledge has come, and how from early childhood your mind has been familiar with the holy scriptures, which can open the mind to the salvation which comes through believing in Christ Jesus. All scripture is inspired by God and is useful for teaching the faith and correcting error, for re-setting the direction of a man's life and training him in good living. The scriptures are the comprehensive equipment of the man of God and fit him fully for all branches of his work. (Philips)

LOOK:

LISTEN:

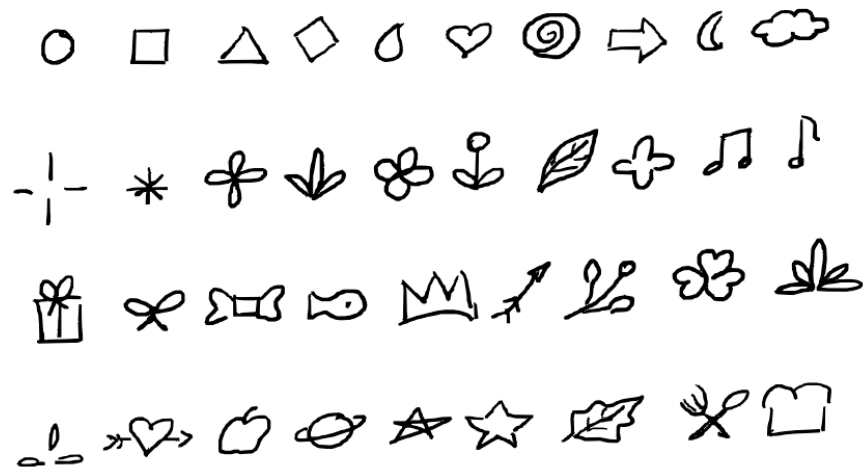
LIVE IT OUT:

Let It Last

Draw below a sketch illustrating the main treasure the Lord blessed you with during your time with Him in His Word:

Motifs

Motifs are small decorative patterns that can be repeated in designs and patterns. They can be as simple or as fancy as you like.



I like to select one that is symbolic or has a visual connection to a word or concept I'm pondering. For example, in Joshua 1:8, when considering the word properous I selected a flower with nine petals. This was easy to draw and repeat when I first practiced using a grid:



BUT YOU COULD ALSO DO A BOOK



OR A MOUTH



One of my favorite websites that can provide ideas for symbolic motifs is: www.thenounproject.com. Type in the search box whatever word you want to creatively ponder, and it's amazing how many options will be generated. Not all will be usable, but it's a great source for ideas!

Select one motif and draw it repeatedly in the outline of a simple border as you meditate on this week's memory verse.

All Scripture is
breathed out by God
and profitable
for teaching,
for reproof,
for correction,
and for training
in righteousness,
that the man of God
may be complete,
equipped for every
good work.

2 Timothy 3:16-17

Scripture Memory Review

“...in addition to giving mental exercise, Scripture memorizing will also be a spiritual battle Satan will see to that. He will do everything in his power to keep you from memorizing the Word of God - because he knows that once the Scripture is hidden in your heart, you will be able to wield the “sword of the Spirit” more effectively.

And the Word of God is the Sword the enemy fears most.”

- Lorne Sanny, Memorize The Word, p. 15

In the first box below write from memory this week’s memory verse for The Word (writing the title, reference, verse, and reference), then check to see if you got it word perfect.

Then write the verse again in the box next to it. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ

Day 3

Check Out Definitions

Select one to three of the following Key words (cross out the other ones) then look up those words in a dictionary or in the Blue Letter Bible app and write their definitions below. Remember the goal is to ponder with Jesus. Follow His lead and may He richly bless your time processing with Him.

Key Words	Definition	What thoughts come to mind as you consider this?	How does this connect to your life?
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ALL

SCRIPTURE

BREATHED OUT

GOD

PROFITABLE

TEACHING

REPROOF

CORRECTION

TRAINING

RIGHTEOUSNESS

COMPLETE

EQUIPPED

GOOD WORK

Capture the Treasure

What is the main gem you've sensed the Lord highlighting
as you've pondered this verse with Him?

Scripture Memory Review

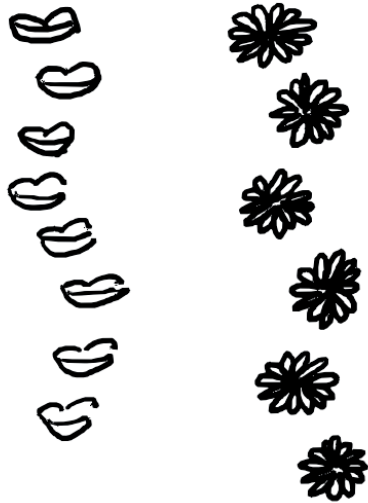
If there is a word that you continually miss - for instance, "and" instead of "but," or "those" instead of "them," as in John 1:12 - underline it in pencil to emphasize it in your thinking. When you have learned it correctly, erase the mark."

- Lorne Sanny, Memorize The Word, p.27

In the first box below write from memory this week's memory verse for The Word (writing the title, reference, verse, and reference), then check to see if you got it word perfect.

Then write the verse again in the box next to it. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ

Curvy Line Border



VARYING THE
PLACEMENT OF
THE MOTIFS CAN
ADD A "TWIST"
OF BEAUTY TO
THE DESIGN OF
YOUR BORDER.

YOUR CURVY LINE
CAN FOLLOW A SET
PATTERN OR BE
WONKY! REMEMBER
THE GOAL ISN'T THE
ART BUT TO MEDITATE
ON THE VERSE WITH
JESUS. EXPERIMENT
TO SEE WHAT WORKS
BEST FOR YOU.



AND REMEMBER
YOU DON'T HAVE TO
FINISH THE BORDER,
UNFINISHED BORDERS
ARE OPPORTUNITIES
TO RETURN + ADD
MORE LAYERS!

All Scripture
is breathed out by God
and profitable for
teaching,
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in righteousness,
that the man of God
may be complete,
equipped for every
good work.

2 Timothy 3:16-17

Day 4:

Connect With Cross References

VERSE	DRAW THE PICTURE	WHY DID GOD GIVE THIS PICTURE?	YOUR EXPERIENCE OF GOD'S WORD AS THIS	HOW DOES THIS CONNECT TO YOUR LIFE?
Hebrews 4:12. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.				
James 1:23. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror.				
1 Peter 1:23. since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;				
Psalms 119:105. Your word is a lamp to my feet and a light to my path.				
Jeremiah 23:29. Is not my word like fire, declares the Lord, and like a hammer that breaks the rock in pieces?				

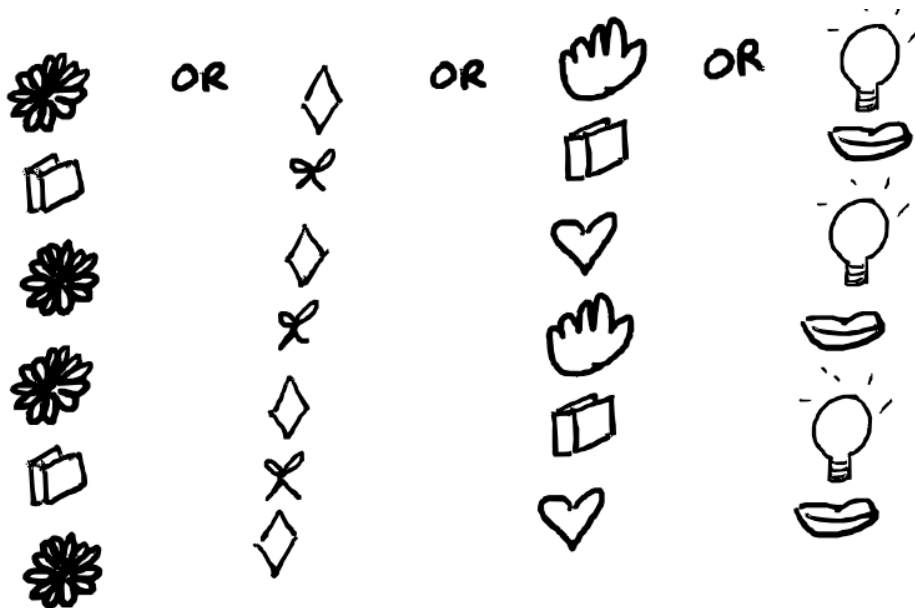
Capture the Treasure

Draw a picture or use word art to summarize the main highlight you received from the Lord. This helps you retain and can serve as a magnet drawing you back to add more layers and as you do so enable you to keep building on this foundation to go even deeper with Jesus.

Combined Motifs

On the next page use a combination of two or motifs to create a border. Below are examples of four different borders I've used while pondering Joshua 1:8, "Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

Can you guess why I selected each motif?



You can really have fun with this! Ask Jesus to give you ideas as you ponder with Him. Remember, the goal isn't to meditate, but to keep him the center of your life!

All Scripture is
breathed out by God and
profitable for teaching,
for reproof,
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2 Timothy 3:16-17

Scripture Memory Review

“ You cannot live on last season’s banquets. You must have daily meals from the Word of God. Just as the manna was given daily, fresh and new, to nourish God’s people in the wilderness, so you must feed upon the manna of life - God’s Word - to insure strength for your daily tasks. The Lord Jesus said, “I am the bread of life” (John 6:35); and later in the same chapter, He said, “...the words that I speak unto you, they are spirit and they are life (John 6:63). Christ’s test of disciples, those who would follow Him into full. obedience and usefulness, was conditioned by these words: “if ye continue in my word, then are ye my disciples indeed. (John 8:31). Thus we conclude that there is no spiritual growth at any stage of one’s life in Christ without a continual feeding upon God’s Word.”

- Lorne Sanny, Memorize The Word, p.27

In the first box below, write from memory this week’s memory verse for The Word, then check to see if you got it word perfect. Then write the verse again in the box next to it. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ
What can it look like for you to feed on God’s Word as you do this?

Day 5:

Consider Phrase by Phrase

Consider this verse phrase by phrase and write down at least one sentence summarizing your thoughts concerning each phrase.

Phrase by Phrase	Sentence Summary & Thoughts
All Scripture	
Is breathed by God <i>Note: How does this relate to Genesis 2:7?</i>	
And profitable	
For teaching	
for reproof	
for correction	
And for training in righteousness <i>Note: consider this carefully in light of Romans 3:20 and 1 Corinthians 1:30. So what is this training?</i>	
That the man of God	
May be complete <i>Note: Why do you think this says "may" and not "will"?</i>	
Equipped for every good work	

Capture The Treasure



What was the main highlight from your time pondering with Jesus? Take a moment to summarize either visually or with a few words.

Scripture Memory Review

“Scripture memory does not mean a few moments’ work on a verse until you are able to quote it word for word. The key to real memory is review - going over and over the passage you have learned until it has made an indelible impression.

Water steadily dropping on one spot, will wear away a stone. Not by force, but by persistence is the impression gradually made in the hard surface of the rock.

Even though you may think you have a poor or average memory, you can write God’s Word on the tables of your heart by this same simple method - regular, persistent, daily review.”

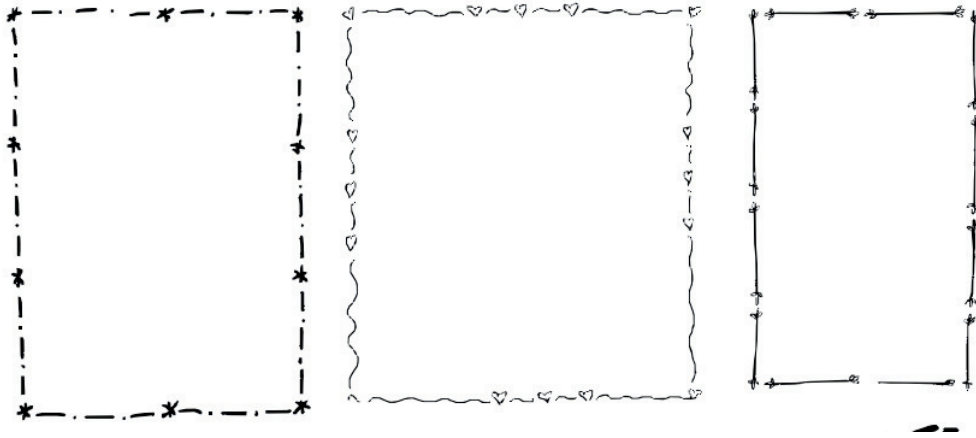
- Lorne Sanny, Memorize The Word, p.50

In the top two boxes below, write from memory this week’s memory verse for The Word. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ.

Don’t forget to check to make certain you got them word perfect!

Line & Motif Combinations

There is an elegant beauty that often emerges when you combine lines and motifs. This is also a great option when you desire more than a line border but don't have a lot of time. Here are a few examples:



Start by placing the motifs where you want them, then add the lines.



And remember: Wonky works!

This doesn't have to be perfect. It is not about the art!

All Scripture is
breathed out by God
and profitable for teaching,
for reproof,
for correction,
and for training
in righteousness,
that the man of God
may be complete,
equipped
for every good work.

2 Timothy 3:16-17

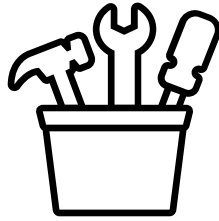
Day 6:

Connect To Your Life

Answer the Four Helpful Questions (making certain you first write down at least three answers for the first one before moving on to the rest) then consider: How does 2 Timothy 3:16 connect with what is going on in your life right now?

Four Helpful Questions:	How does this relate to 2 Timothy 3:16?	What do you sense the Lord saying to you about this?
What is Right?		
What is Wrong?		
What is missing?		
What is confused?		

Consolidate your foundation



When Jesus shared the parable of the wise and foolish builders, he wasn't giving instructions for building a house, but how to lay a firm foundation for your life that will withstand storms. The main difference wasn't that one built his house on the rock while the other built his house on the sand, but what that represented. Both people heard the word. The difference was what they did in response.

In James we are warned to not be hearers only and deceive ourselves. How can you be deceived if you only hear? By thinking you've got a firm foundation for your life because you're spending so much time in the word. But both Jesus and James emphasize it's what you do in response that determines the foundation on which your life is built.

Again, it is vital to keep Christ the center as you do this. It's not, do whatever you want to do, but are you actively responding to what the Lord is leading you to do?

With this in mind, what do you sense the Lord inviting you to do in response? What specifically could that look like? On the next page you will find a process that can help you be an effectual doer of the Word.

S.M.A.R.T.

Making Applications Doable

I find meditation is a key part of processing through a passage with Jesus that prepares me to live it out in my life. But once I sense an invitation from the Lord regarding how He wants me to respond, there is still a gap between identifying this and doing it.

That's where the acronym S.M.A.R.T. can help!

This process walks you through how to make something doable. It doesn't have to take a lot of time, but thinking through the following five questions can be a huge help towards actually doing God's Word.

S = Specific = What specifically do I sense the Lord leading me to do?

M = Measurable = How will I know whether I've done it or not?

A = Accountable = what are your plans for having someone hold you accountable? (Does this ever help!)

R = Realistic = have you attempted too much or kept it doable? If it's not realistic for you to do at this time the "R" becomes "Revise."

T = Timely = don't say "In five years I will..." life change best happens when you're doing something soon In response!

S.M.A.R.T.

Making Applications Doable

As you read through the following dialogue with Jesus and take time to apply it to your application for this week.

Specific = What specifically do I sense the Lord is leading me to do?

Measurable = How will I know whether I've done it or not?

Accountable = Who could I ask to help hold me accountable? What do I want that to look like?

Realistic = Is it realistic for me to do this? If it's not realistic for you to do at this time the "R" becomes "Revise."

Timely = How much time do I sense the Lord wants me investing in this? When do I sense the Lord wants me to have this done by?

Then, commit your plans to the Lord and ask for His help to do this!

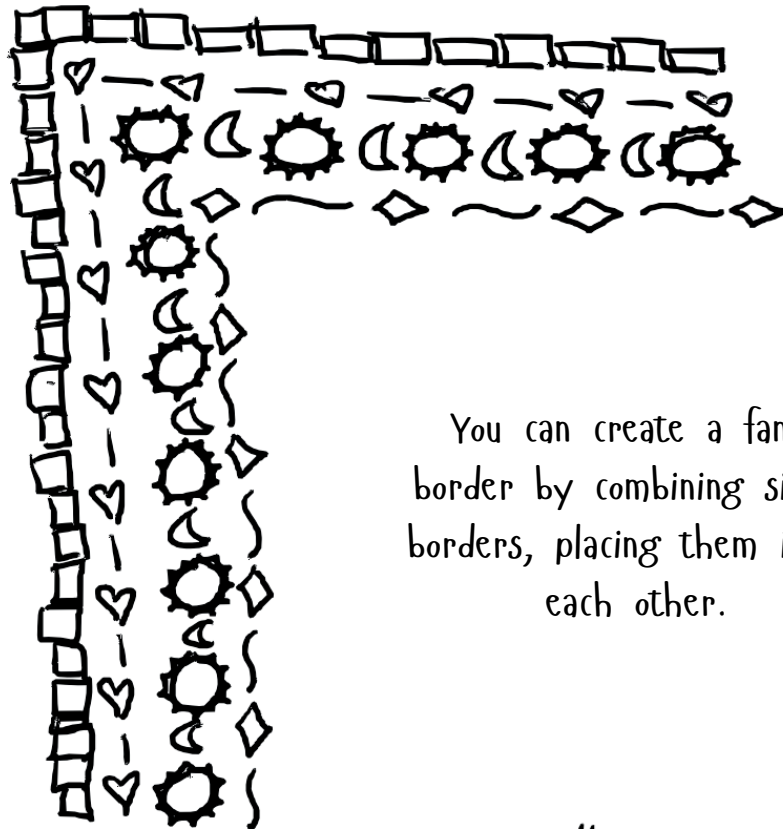


Once you've completed your application, record below what happened.

Why do you think the Lord wanted you to do this?

Combination Border

You can create a fancy border by combining simple borders, placing them inside each other.



You can create a fancy border by combining simple borders, placing them inside each other.

What's really neat is this can get you making new connections! For example, as I drew the border above I was meditating on Joshua 1:8 with Jesus. When I drew the Moon and Sun I was thinking about what it looks like to meditate day and night. But then when I drew the diamonds, which for me represented the word prosperous, as I considered that next to the moon, I reflected on how meditating is helping me sleep better at night, so I wake more rested and am better able to enjoy and function throughout the day. This took my understanding of prosperity into a whole new realm! And definitely increased my motivation to keep doing this!

On the next page, see what border combinations you can come up with and may the Lord pour on the grace as you do this guiding you to new connections and insights too!

**All Scripture is
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and profitable for teaching,
for reproof,
for correction,
and for training
in righteousness,
that the man of God
may be complete,
equipped
for every good work.**

2 Timothy 3:16-17

Scripture Memory Review

“ It has been proved that (daily) review for a period of about seven weeks is more effective in permanently affixing a verse in the memory than a great amount of work done on a verse at one time. Memorizing is actually a process of learning and forgetting, learning and forgetting, with the periods of forgetting growing shorter until they are non-existent”

- Lorne Sanny, Memorize The Word, p.50

In the top two boxes below, write from memory this week's memory verse for The Word. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ.

Don't forget to check to make certain you got them word perfect!

Day 1:

Converse With Jesus

As you Read Through The Passage

But understand this, that in the last days dangerous times [of great stress and trouble] will come [difficult days that will be hard to bear]. 2 For people will be lovers of self [narcissistic, self-focused], lovers of money [impelled by greed], boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy and profane, 3 [and they will be] unloving [devoid of natural human affection, calloused and inhumane], irreconcilable, malicious gossips, devoid of self-control [intemperate, immoral], brutal, haters of good, 4 traitors, reckless, conceited, lovers of [sensual] pleasure rather than lovers of God, 5 holding to a form of [outward] godliness (religion), although they have denied its power [for their conduct nullifies their claim of faith]. Avoid such people and keep far away from them. 6 For among them are those who worm their way into homes and captivate morally weak and spiritually-dwarfed women weighed down by [the burden of their] sins, easily swayed by various impulses, 7 always learning and listening to anybody who will teach them, but never able to come to the knowledge of the truth. 8 Just as Jannes and Jambres [the court magicians of Egypt] opposed Moses, so these men also oppose the truth, men of depraved mind, unqualified and worthless [as teachers] in regard to the faith. 9 But they will not get very far, for their meaningless nonsense and ignorance will become obvious to everyone, as was that of Jannes and Jambres.

NOTES, DOODLES, TREASURE

10 Now you have diligently followed [my example, that is] my teaching, conduct, purpose, faith, patience, love, steadfastness, 11 persecutions, and sufferings—such as happened to me at Antioch, at Iconium, and at Lystra; what persecutions I endured, but the Lord rescued me from them all! 12 Indeed, all who delight in pursuing righteousness and are determined to live godly lives in Christ Jesus will be hunted and persecuted [because of their faith]. 13 But evil men and impostors will go on from bad to worse, deceiving and being deceived. 14 But as for you, continue in the things that you have learned and of which you are convinced [holding tightly to the truths], knowing from whom you learned them, 15 and how from childhood you have known the sacred writings (Hebrew Scriptures) which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus [surrendering your entire self to Him and having absolute confidence in His wisdom, power and goodness]. 16 All Scripture is God-breathed [given by divine inspiration] and is profitable for instruction, for conviction [of sin], for correction [of error and restoration to obedience], for training in righteousness [learning to live in conformity to God's will, both publicly and privately—behaving honorably with personal integrity and moral courage]; 17 so that the [a]man of God may be complete and proficient, outfitted and thoroughly equipped for every good work. 2 Timothy 3 (AMP)

Scripture Memory Review

“When the Lord Jesus Christ was asked by a lawyer, “Which is the greatest commandment in the law? (Matthew 22:36), He answered by quoting Deuteronomy 6:5, “Thou shalt love the LORD thy God with all think heart, and with all thy soul, and with all thy might.” Certainly the thought immediately following that which He called the great commandment” is important. Here it is, “And these words, which I command thee this day, shall be in thine heart” (Deuteronomy 6:6). The fact that God commands us to memorize His Word indicates its importance. Too much is at stake for God to leave to our own mood or choice the matter of having His Word in our hearts. He definitely wills it so.”

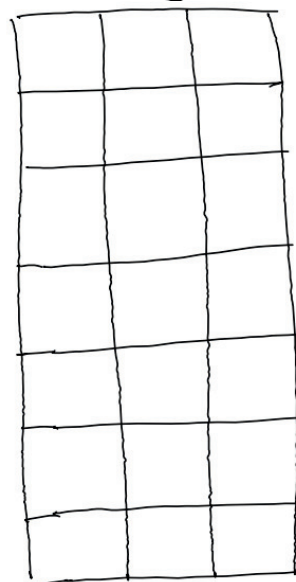
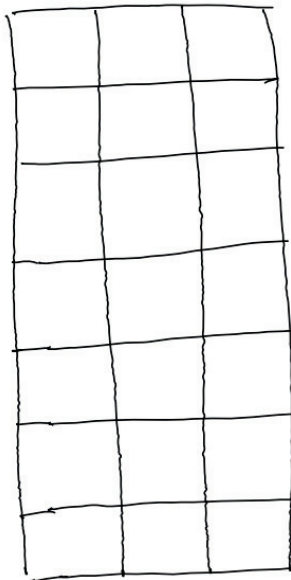
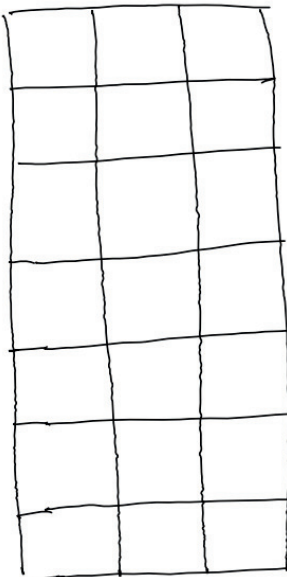
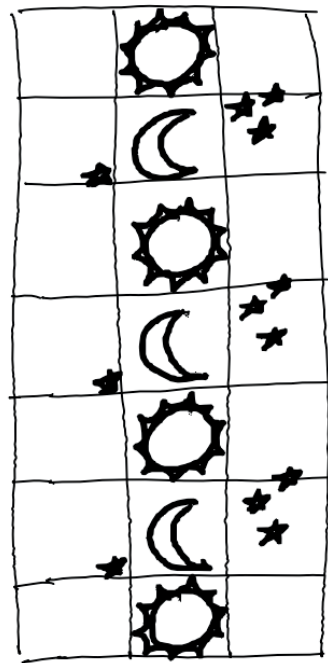
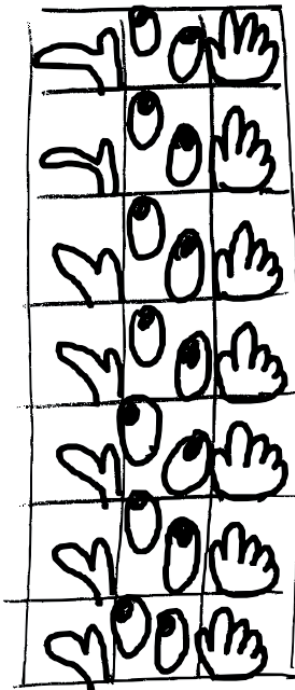
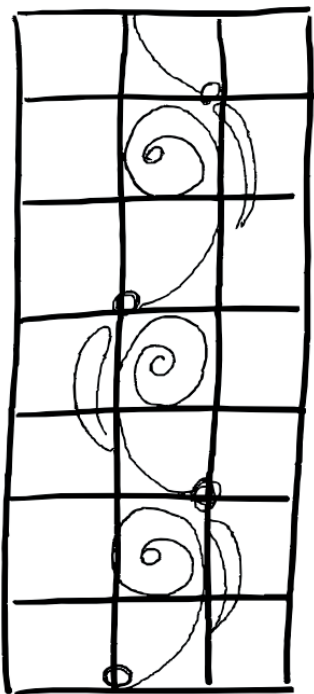
Lorne Sanny, Memorize God’s Word, pg. 47

In the top two boxes below, write from memory this week’s memory verse for The Word. In the boxes on the bottom write the verses you memorized for Christ the Center and Obedience to Christ.

Don’t forget to check to make certain you got them word perfect!

Create New Designs With A Grid

Using a simple grid can be a huge help in creating new designs. Below are three examples. What can you come up with in the grids below? Remember adding one motif at a time to the whole line can really help. Select one design then draw it around your verse on the next page.



All Scripture is breathed out
by God and profitable
for teaching,
for reproof,
for correction,
and for training
in righteousness,
that the man of God
may be complete,
equipped
for every good work.

2 Timothy 3:16-17

Processing The Week With Jesus

W = What stood out to you?

Review your Journal Notes from this past week, highlighting key thoughts you want to remember, then recording them below:

H - How has your understanding of God grown as a result of your time spent with Him meditating on His Word?

E = Examen

What did you do this week that moved you closer to Jesus or increased your awareness and enjoyment of Him? What resulted in you feeling farther away from Him or less aware of Him? Why?

E = Explain.

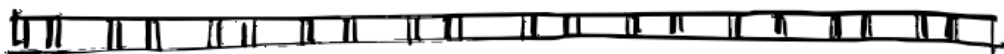
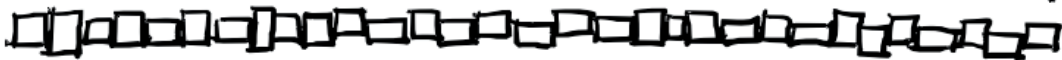
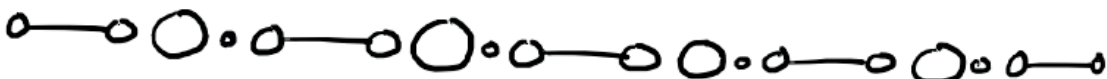
How would you explain to a friend what you sensed the Lord's been teaching you this week? Write a summary below of what you learned this week.

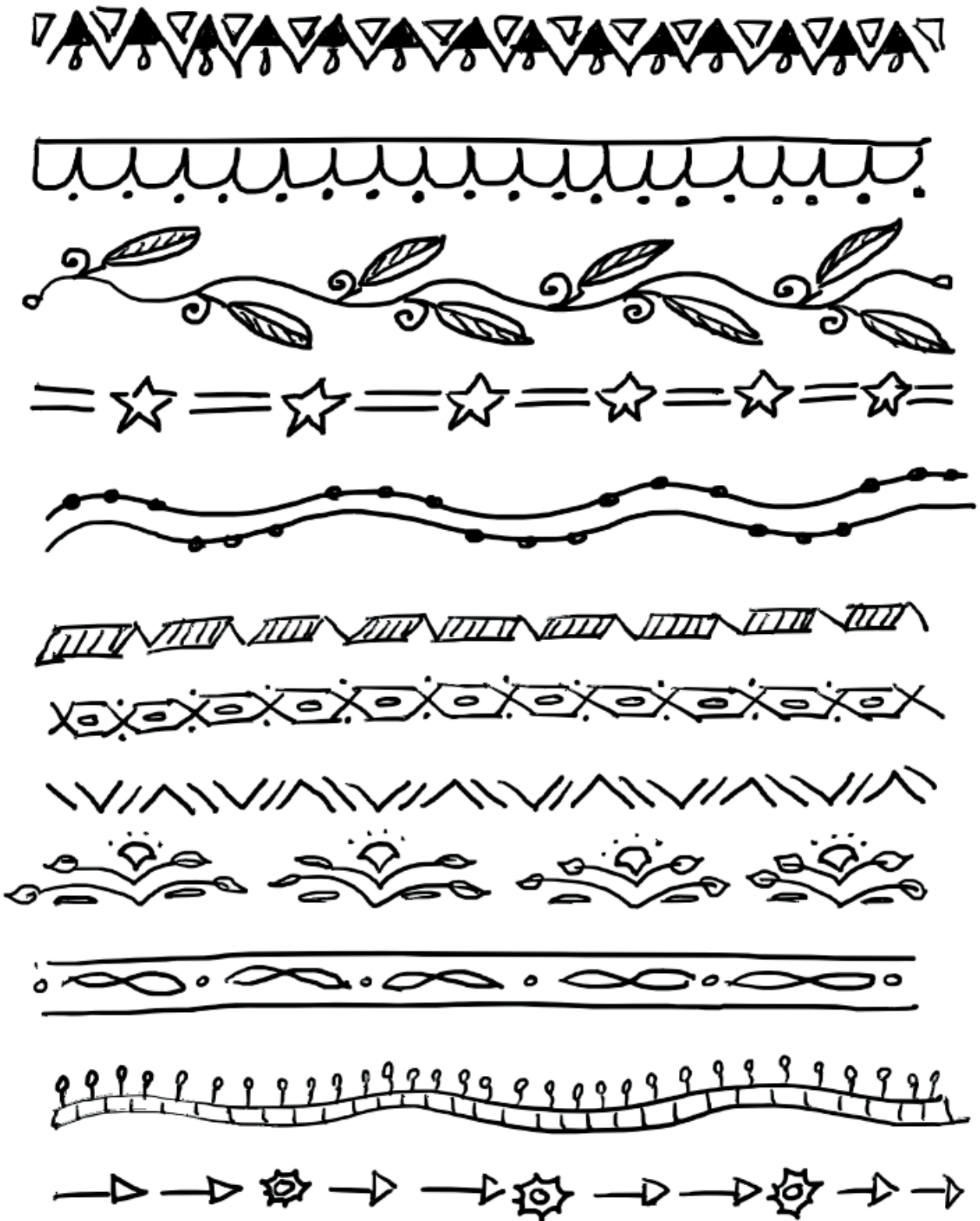
L = Loving God, Loving Others

How do you sense the Lord is inviting you to practically respond to Him and others as a result of your time in His Word this week?

Extra Layers

It can be fun and soul satisfying to go back through this booklet and add headers and/or footers to different pages as you re-ponder their content with Jesus. On this page & the next you will find 25 examples to spark your creativity.





I often use simple composition notebooks for my quiet times. I find adding headers such as these to the top of the pages brings extra delight and can turn a plain, ordinary notebook into one I really enjoy opening.

Create your Own!

Remember the four basic shapes: line, square, triangle, circle as well as what you've learned about icons and motifs (for the record motifs are often icons repeated :0) What new designs can you come up with for page headers?

See how many you can create in the space below and have fun adding them to the tops and bottoms of pages throughout this booklet. As as you draw them on each page use that time to review the page's content and add even more layers as you keep processing with Jesus!

Thoroughly Equipped

In What ways have you been equipped
by the Word of God?

Here is a fun and helpful way to answer this question...

What's In your Pantry?

One of my friends has an amazing pantry! It's so big you can walk into it! But the best part of all - there is a place for everything and everything is in its place. When she needs something she knows right where to go! Even better, when someone pops over unexpectedly she can go in there and get the goods to whip up something delicious right on the spot for she keeps her pantry well stocked!

What a difference a pantry can make! If you don't have one, you end up sticking things wherever you can! And if you have a tiny one that's not organized, it's so easy to lose things, forgetting they are even there!



Do you have a pantry?

If so, what shape is it in?

What impact does this have on your
life?

What do you think this has to do with discipling women?

There's a fascinating verse in Matthew 13:52 "And he said to them, "Therefore every scribe who has been trained for the kingdom of heaven is like the master of a house who brings out of his treasure what is new and what is old."

Oh how I encourage you to spend time camping out in that verse asking the Lord to open your eyes so you can see wonderful things in it!

I'll never forget when Barb Choat was discipling me she shared this verse and challenged me to take time to create a "pantry" writing down in an organized way the treasures that have helped me in my walk with the Lord. Now I am not God's gift to organization, but I can't begin to tell you how helpful this was... and continues to be!

There's not one right way to organize a pantry. In fact, if you google "organize your pantry" or go to youtube you will find tons of articles and videos on how to do this.* This isn't about getting it right, but getting it down! And getting the stuff that's benefitted you into a usable format, where you can remember it so you can pass it on to others!

For example, on my "prayer shelf" I have prayers from scripture, the ACTS acronym, 100 Descriptions of God handout, Praying for My Husband handout, a daily prayer journal featuring quotes from E.M. Bounds that really spurred me on in my prayer life that I condensed into a booklet I can share with others, an article on rewriting Psalms in the first person, a video by Philip Yancey on prayer... and a host of other treasures!

I always start with asking, "What's helped me?" I don't put in my pantry things I haven't used. What a difference it can make when you minister out of the overflow of your own life!

When I first start meeting with women who want to learn how to disciple others, I will often ask them to compile their pantry. First, it helps them see they really do have a lot more to offer than they ever dreamed! It's just behind the couch, in the hall closet, under the bed... metaphorically speaking! But once they start praying through what's helped them grow and start filling their pantry shelves, its neat to see their excitement realizing they already have stuff to share!

Secondly, it helps us see where her strengths and weaknesses are - especially what areas in her life might need strengthening. And keeps me from planning something for our one on one she's already done!

One other benefit in compiling a pantry is it gets you remembering what helped when you first started out. What's helping you today may not be the best thing to help a new believer get started.

On each "shelf" I include everything from articles, to videos, to books, illustrations and stories, to handouts and tools I've created or picked up along the way that help me.

Here are some ideas for categories or "shelves" you could use to organize your pantry:

You could organize an entire section calling it "The Word" and have a shelf for scripture memory, another for Bible study, another for meditating, another for application, another for quiet times and also extended times with God...

You could also have a section dedicated to character: with a shelf for patience, another for perseverance, another for humility, another for kindness.... and place on each shelf things that help you grow in each area.

And speaking of that last shelf be sure you include shelves for each of the categories listed in Titus 2:4-5!!! Remember this is a key list revealing what the Lord wants older women teaching younger women - so you could have a shelf for loving your husband, another for loving your children, one for being self controlled, another for pursuing purity, as well as one for being busy at home, kindness, and submission.

If you're not a visual learner or artistically inclined, your "shelves" can be lists! In fact, even if you are artistically inclined you may find starting out with lists helps you know how much space to allot for each section.

And it's ok to have empty shelves!!! The Lord may actually use these to spur you on to grow in new areas! And yes, empty shelves can be humbling too... serving as a great reminder there's always room to grow!

And just like with kindness, some of your shelves may overlap! That's always the tricky part for me in putting a pantry together! Just remember, you don't have to do this perfectly! The idea is to know what you have and be able to find it and be reminded of it so that it's even more usable! When you're praying about what to do with the woman you meet with this can be such an incredible help rather than just hoping God will bring something to mind from out of the blue!

Other shelves can be for evangelism, fellowship, obedience, assurance of salvation... as well as conflict resolution, forgiveness, love languages, personality types... whatever is of value to you in growing as you follow Jesus!

But I will say one of my favorites and most used is "Trusting God" which is filled with God's names ("those who know your name will trust in you" Psalm 9:10) as well as His promises and creative ways to help a woman learn about these and incorporate them actively into her life so she experiences how very great and precious they are, and so they help her grow in trusting the Lord (for more on this see the article in the "Helps" section entitled "Promise Based Follow Up")

Just as each person's journey is unique so are the materials the Lord uses to help her grow - and you grow! This is why every woman's pantry is going to be distinct! I have a huge prayer shelf! Prayer played a key role in me coming to Christ as well as in my daily walk with Him. I don't have as much on that busy at home shelf...

This is why it can also be helpful to encourage those you disciple to get time with other women too! For example, if someone you're meeting with was sexually abused but you never were, ask the Lord to bring into her life another woman who can share with her what's helped her deal with this - that may be through a book or in person, but don't feel like you have to be the only one pouring into her!

And note how it says in Matthew 13:52 "new as well as old!" Don't let your pantry get static! A disciple is a learner! We are to continually be adding to this! When I come across an area where someone I'm meeting with wants to grow but I'm deficient in that area I often arrange for us both to meet with someone who is strong there - so we can learn together!

And this has always been one of my favorite things about conferences and summer training programs as that provides a time when a bunch of disciples come together and you can ask "What's in your pantry?" learn from each other and exchange treasures!!!

Now some tools you may feel like you have a better grasp on than others so when creating your pantry, you may want to pencil in things you'd like to get more practice with and then put in bold those things you use regularly and have down pat.

Like my quiet time - I've been doing that nearly every day for 30 years so it's bold on my chart! But a new tool I'm currently learning is coaching, where you ask questions rather than tell - I know, sounds pretty basic, but it's opening up whole new opportunities in helping "adolescent" and more mature believers who have a good foundation but are still in need of some guidance. I'm still very much in the early stages in learning how to do this well so I'm just penciling that in on my pantry. I can pass it on but not in the same way as I can quiet times!

See your pantry as a work in process, a lifelong work in process.

So what's in your pantry? Let me encourage you, if you don't yet have one, create one!

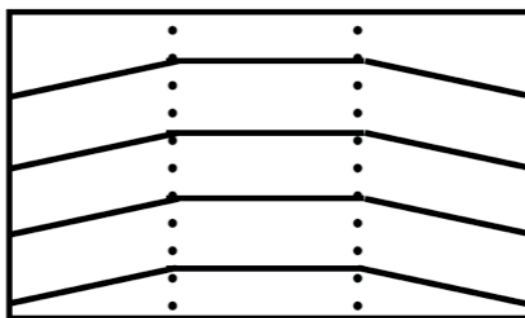
Has this ever been of benefit to me and those I meet with.

Instructions

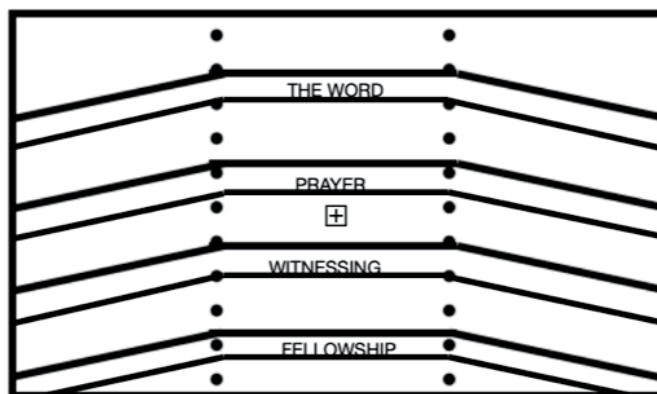
1. Take a sheet of Cardstock and fold it into thirds. Then bend along the folds.



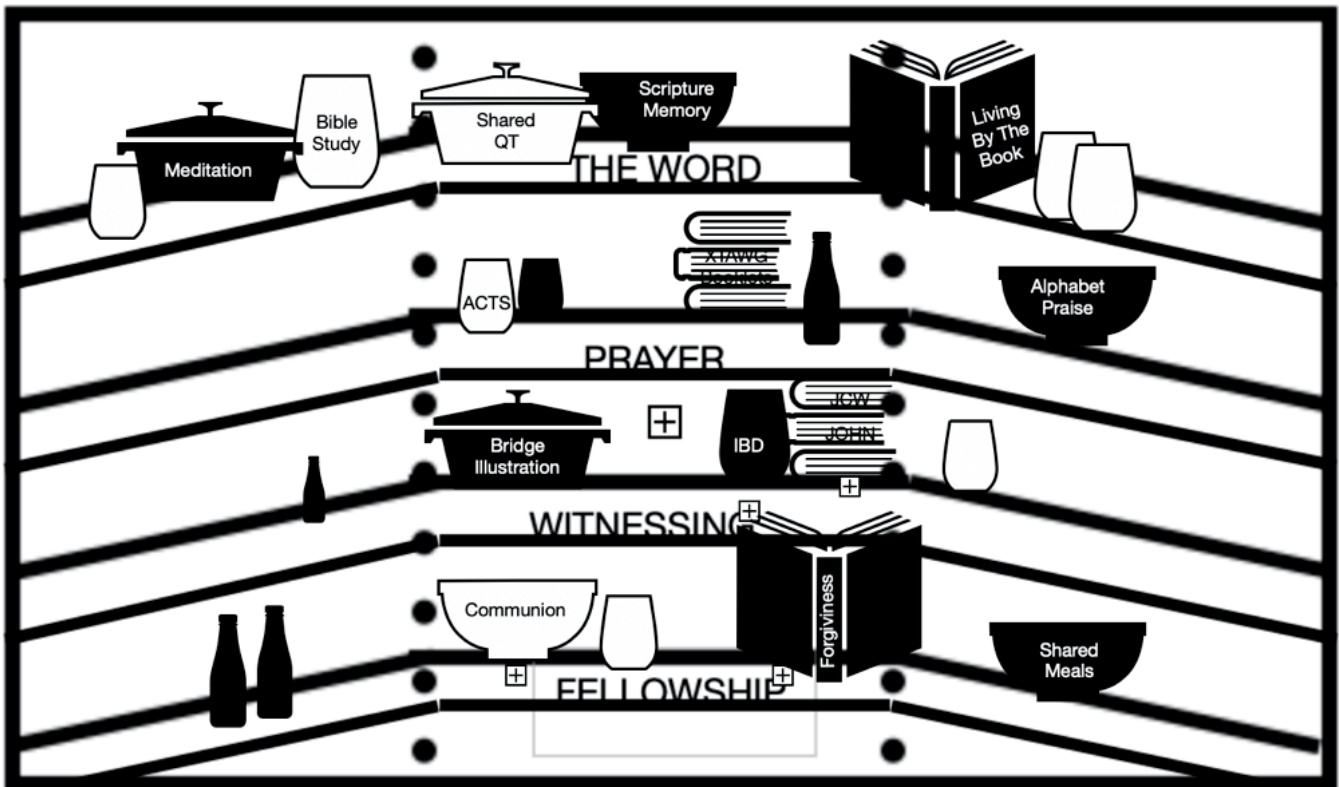
2. Next, draw four "shelves" on your pantry.



3. Label each shelf. *(Note: there are many different ways you can do this, but for this course we are going to label each shelf: The Word, Prayer, Witnessing, and Fellowship.)*



4. Now draw different sized boxes and cans and containers on each shelf and begin to label them with the treasure related to each shelf that's helped you grow in your relationship with Jesus. *Here is an example:*



The content on each shelf represents treasure that you can pass on to others as you meet one on one with them.

NOTE: One of my favorite things to do whenever I get together with other disciplers, is to ask "What's in your pantry?" It is always a delight to learn and receive new tools to nourish my own walk with God as well as others I meet with .



Treasure

What treasure did the Lord bless you with this week that you don't want to forget?

Record below:

In the way of your testimonies I delight as much as in all riches.
I will meditate on your precepts and fix my eyes on your ways.
I will delight in your statutes. I will not forget your Word. Psalm 119:14-16