

# the SPIRITUAL PRACTICE of **BIBLE INTAKE**

*“Our desire to know more, read more and study more can be another expression of our culture and its acquisitive nature. Knowing God, not knowing more, is the goal.”*

Richard Rohr

## **The Blessed Life**

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### **Psalm 1**

- <sup>1</sup> Blessed is the man who  
walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
<sup>2</sup> but his delight is in the law of the LORD,  
and on his law he meditates day and night.  
<sup>3</sup> He is like a tree  
planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.  
<sup>4</sup> The wicked are not so,  
but are like chaff that the wind drives away.  
<sup>5</sup> Therefore the wicked will not stand in the judgment,  
nor sinners in the congregation of the righteous;  
<sup>6</sup> for the LORD knows the way of the righteous,  
but the way of the wicked will perish.

תּוֹרָה torah: instruction, teaching,

Describe the nature of “the blessed life”  
(*context, content, outcome*)

What does this reveal about the relationship between God’s instruction (*torah*), and the quality of our life?

## **In Jesus’ Life**

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### **Luke 24:35-37, 44-47**

<sup>25</sup> And he said to them, “O foolish ones, and slow of heart to believe all that the prophets have spoken! <sup>26</sup> Was it not necessary that the Christ should suffer these things and enter into his glory?” <sup>27</sup> And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

<sup>44</sup> Then he said to them, “These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled.”

<sup>45</sup> Then he opened their minds to understand the Scriptures, <sup>46</sup> and said to them, “Thus it is written, that the Christ should suffer and on the third day rise from the dead, <sup>47</sup> and that repentance for the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem.

## **2 Timothy 3:14-17**

<sup>14</sup> But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it <sup>15</sup> 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. <sup>16</sup> All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, <sup>17</sup> that the man of God may be complete, equipped for every good work.

Describe Jesus' relationship to "the Law of Moses and the Prophets and the Psalms?"

What is the purpose of all Scripture?

## **In My Life**

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Consider the aspects of "The Word Hand" illustration.

How might Jesus use this practice to mature, deepen, and transform my life to look more like His?

Practically, what could this practice look like in my life this week?