



PRACTICAL GUIDE SHEET FOR

# BIBLE INTAKE

...but quar-  
...h, patient,  
...who are in-  
...grant them re-  
...w the truth,  
...o their senses  
...vil, having been  
...s will.

Men  
the last days peril-

of themselves, lovers  
proud, blasphemers,  
unthankful, unholy,  
slanders, without  
regard for good.

13 But evil men and impostors will increase, who will deceive many, saying, Peace and safety, when actually war and devastation are to come upon all who refuse to repent. 14 But you must continue in the faith which you have learned and been taught from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.

16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work.

2:19 <sup>a</sup>NU-Text and M-Text read the Lord.

ing over the Bible—and yet never come to faith in Christ? Salvation is not about learning, but about mission.

2:12 — Yes, and all who desire to live Christ Jesus will suffer persecution. ... of those promises of God ... God tells us ...

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The Bible is a unified story that points to Jesus. Therefore, every follower of Jesus is called to learn, love and live the Scriptures (2 Timothy 3:16-17). Below are several practical ways to help you do that, including suggested tips and resources.

### HEAR IT

Long before the Bible was primarily a book that people read for themselves, it was a book that people would listen to as it was read aloud, preached and taught (1 Timothy 4:13). Here are some ways you can hear the scriptures:

- **Make Sunday worship attendance a priority** – It's where you'll hear solid biblical teaching each week. Listen intently to the sermon, and take good notes.
- **Bible listening apps** – Listen to Scripture as you drive, exercise, or drift off to sleep at night. There are a variety of free and paid options available. Some apps include background music, theme selection, and choice of narrator accent. [Click here for recommendations.](#)
- **Read Scripture aloud with others** – At the family dinner table. With young kids at bedtime. In your small group.

### READ IT

The daily reading of Scripture has been the mainstay of the spiritual development of countless Christians over the centuries. Here are some Bible reading options:

- **Use a Bible reading plan** – There are many available, both free and paid, *The One Year Bible* being a popular one. We especially recommend [Meet the Bible](#), which provides a panorama of God's Word in 366 daily readings, combined with helpful reflections by the authors. Also, the [Read Scripture](#) app by The Bible Project is fantastic. It includes a number of excellent animated videos to help you understand what you're reading.
- **Read longer chunks of Scripture** – Often, Christians read only snippets of the Bible and miss the forest for the trees. To offset this, try taking on a lengthier Old Testament book, like Genesis or Jeremiah, reading longer portions at a time. Or read an entire short New Testament book like 1 John once a day for a week or even a month.
- **Read aloud** – Some people find that reading the Bible aloud helps them avoid mental drift. If you're not in a position to read aloud, try silently mouthing the words.

## STUDY IT

Bible reading gives you breadth, but Bible study gives you depth. In study, you dig deeper, seeking to understand how the grammar, history, culture and geography of a biblical text affect its interpretation. Here are some tips and tools to help you study Scripture:

- **Invest in a study Bible** – A good study Bible comes with lots of built-in tools to help you study Scripture. We recommend [The NIV Study Bible](#).
- **Ask a pastor** – Our pastors are Bible geeks and they'd be happy to recommend the best commentaries, books, and other Scripture resources for your specific study needs.
- **The Bible Project** – In our humble opinion, [The Bible Project](#) is the best online Bible learning site by far, and not just because it's totally free. It offers hundreds of excellent animated videos that make the Bible come to life while helping you to understand Scripture like you never have before.
- **Take a Bible class** – Cornerstone offers various Bible classes throughout the year. Learn from gifted Bible teachers and benefit from the insights of your classmates. [Click here](#) to see what's currently being offered.

## MEMORIZE IT

When you memorize scripture, the power of God's Word is available to recall to your attention when you need it most (Psalm 119:11; Matthew 4:1-11).

- **Use a Scripture memory app** – The most popular ones are [Scripture Typer](#) and [Fighter Verses](#).
- **Pick your own memory verses** – Select verses that stand out to you from your scripture reading or in areas of your life where the Lord is working (for example, overcoming worry). Often, writing out or reciting verses over and over again can help you to memorize them. It's good to review your memory verses regularly too.
- **Get artistic** – If you have a flare for art, do calligraphy or word art to help you internalize scripture. Add thematic illustrations if you like!

## MEDITATE ON IT

If Bible reading is like dipping your tea bag in and out of hot water, meditating on the Bible is like letting your tea steep. It's about allowing the truth of Scripture permeate your being (Psalm 1:1-3).

- **Choosing a Scripture to meditate on** – Look for a word, phrase, verse or passage that speaks to you when you hear, read or study the Bible.
- **Reflect and pray** – Think deeply in God's presence about the text you're meditating on. How is God speaking into your heart and life through the text? Slowly read the text over and over, aloud if possible. Let it sink in. Write some reflections about it about it in a journal.
- **Lectio Divina** – Latin for "Holy Reading", this is an ancient form of prayer closely connected

with meditation on scripture. Here is where you taste and savour a text, like a dog chews on a bone. Choose a short section of text, and read it slowly and prayerfully two or three times, with silence in between each reading. Notice any words or phrases that particularly stand out to you. Zero in on that word or phrase more and more with each reading, and let the Holy Spirit speak deeply into your heart and life through the text. What emotions or inner movements do you feel? Engage your imagination and senses as much as possible as you mediate on the text. For more info about the steps of Lectio Divina, [click here](#).

## APPLY IT

God's Word is meant to be applied in your life (James 1:22-25). Here's a list of application-oriented questions you can ask as you hear, read, study, memorize or meditate on the Bible:

- Does this text reveal something I should believe about God?
- Does this text reveal something I should praise or thank God for?
- Does this text reveal something I should pray about for myself or others?
- Does this text reveal something I should have a new attitude about?
- Does this text reveal something I should make a decision about?
- Does this text reveal something I should do for the sake of Christ, others, or myself?<sup>1</sup>

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<sup>1</sup> As listed in Donald S. Whitney, *Spiritual Disciplines for the Christian Life*, p. 56.