

## BIBLE INTAKE REVIEW AND SUMMARY<sup>1</sup>

*"A man can no more take in a supply of grace for the future than he can eat enough for the next six months, or take sufficient air into his lungs at one time to sustain life for a week. We must draw upon God's boundless store of grace from day to day as we need it." – DL Moody*

### 3 Key Suggestions

- ✓ **Find the time** when it is most convenient for you as well as a time that you will not go to sleep.
- ✓ **Have a plan** – Find a reading schedule or plan that is in your Bible or from a Christian book store.
- ✓ **Find a phrase** – Find a phrase to meditate on each time you read. Think about that phrase for the rest of the day. How does it apply to your life?

### Scripture Memory

- ✓ **Have a plan** – Select verses that are meaningful to you in your life's journey.  
(Example: faith or God's grace)
- ✓ **Write out the verses** – Keep a list and write them out on index cards.
- ✓ **Draw pictures** if it will help you. Draw a picture beside each verse that will cause you to remember it. (Yep, stick figures are alright!)
- ✓ **Memorize the verses word perfectly** – Don't paraphrase.
- ✓ **Find a partner** – Choose someone that you are accountable to (spouse, close friend, etc.)

### Scripture Meditation

- ✓ **Select an appropriate passage** – Just as in scripture memory, select something that is meaningful to what you are going through at the time.
- ✓ **Repeat it different ways** – Use different voice inflection.
- ✓ **Look for application.**
- ✓ **Pray through the text.**
- ✓ **Take your time!**

### Good Books to Read

- Whitney, Donald. *Spiritual Disciplines for the Christian Life*, Colorado Springs: NavPress, 1991
- Whitney, Donald. *Ten Questions to Diagnose Your Spiritual Health*, Colorado Springs: Nav Press 2001