

## *Discipleship on Daily Devotions (Bible Reading)*

*"This book (the Bible) will keep you from sin,  
or sin will keep you from this book (the Bible)."*  
--D.L. Moody



### I. The Definition of Daily Devotions

*Daily devotions* (or a quiet time) is the setting aside of a period of time each day to read, study, meditate on, memorize, and apply the Word of God to one's life.

*"The most transforming practice available to us  
is the disciplined intake of Scripture."*  
--Dr. Donald Whitney

### II. Key Verses on Daily Devotions

#### A. Joshua 1:8



*"This book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."*

- ◆What is the meaning of "meditate"? How do you do it? →
- ◆What is the meaning of "success" here? →

#### B. Psalm 1:1-2



*"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the Law of the Lord, and in His Law he meditates day and night."*

- ◆How can you delight in God's Law? →
- ◆How can you meditate day and night? →

C. *Psalm 119:9,11*

*"How can a young man cleanse his way? By taking heed according to Your word. . . . Your word have I hidden in my heart, that I might not sin against you."*

- ◆What does it mean to take heed according to God's Word? →
- ◆How can you hide God's Word in your heart? Why should you? →

D. *Psalm 119:105*

*"Your word is a lamp to my feet and a light to my path."*

- ◆How is it a lamp to my feet and a light to my path? →

E. *Psalm 119:130,132*

*"The entrance of Your words gives light; It gives understanding to the simple . . ."*

- ◆What are different ways God's words gain entrance? →
- ◆How does God's Word give light? →

F. *Matthew 4:4*

*"Man shall not live on bread alone, but on every word that proceeds out of the mouth of God."*

- ◆What does it mean to not live on bread alone? →
- ◆What does it mean to live on every word that proceeds from God's mouth? →

G. *John 14:21a*

*"He who has My commandments and keeps them, it is he who loves Me."*

- ◆What commandments should you keep? →
- ◆What does it mean to keep these commandments? →

## H. 2 Timothy 2:15



*"Be diligent to present yourself approved to God as a workman who does not need to be ashamed, handling accurately the word of truth."*

- ◆What does it mean to be diligent to be approved by God? →
- ◆How do you handle accurately the word of truth? →

## I. Ephesians 6:17



*"And take the helmet of salvation, and the sword of the Spirit, which is the word of God."*

- ◆How is God's Word a sword? →
- ◆When and how can we use God's Word as a sword? →

## J. James 1:22



*"But be doers of the word, and not hearers only, deceiving yourselves."*

- ◆What does it mean to be a doer of the Word? →
- ◆What does it mean to be a hearer only? →
- ◆How do you deceive yourself? →

### III. Important Teachings on Daily Devotions

#### A. Teach the Different Ways to Take in God's Word

##### 1. Hear God's Word

Every follower of Jesus needs to listen to God's Word regularly. This can be done through attending church, as well as listening to audio/video files or Christian radio/TV programs and Bible phone apps.



Luke 11:28 →

Romans 10:17 →

## 2. Read God's Word

1 Timothy 4:13 →

## 3. Study God's Word

God commands us to study His Word so we can integrate and apply it accurately.



Ezra 7:10 →

Acts 17:11 →

2 Timothy 2:15 →

## 4. Memorize God's Word

God exhorts His people to put His Word in their hearts permanently so that it will guide their lives and keep them from sin.

Psalms 119:24 →

Psalms 119:11 →

## 5. Meditate on God's Word

Meditation is a spiritual discipline which helps you get away from the pressures and influences of the world and focus more on God, His Word, His works, and His will for you. To meditate on God's Word is to read and reread it while prayerfully reflecting on the meaning of the verses (often phrase-by-phrase). This is done in an effort to better understand and personalize the meaning of the verses and let God use these reflections to guide our thinking, attitudes, and actions.

◆Benefits of meditating on Scripture

Psalm 1:2-3 →

Psalm 119:99 →

Joshua 1:8 →

◆When to meditate on Scripture

Psalm 63:5-6 →

Psalm 119:97→

◆How to meditate on Scripture

Preparation:

✓

✓

Guidelines:

✓

✓

✓

✓

✓

Proverbs 6:22

✓

✓

✓

## B. Teach How to Treat the Bible Respectfully

1. The Bible is the only inspired book from God (2 Timothy 3:16).
2. Only the Bible is able to make him complete and equipped for every good work (2 Timothy 3:17).
3. He must handle it and store it in a respectful way. The way he treats his Bible shows his level of respect for its Author (Psalm 138:2b).
  - ✓ He can carefully underline, highlight, or write clarifying notes in his Bible.
  - ✓ He should never scribble in it, throw it down, or put other things on top of it.



## C. Teach How to Use the Bible

1. Try to make it possible for each student to have his own Bible to read and study.
2. Encourage students to bring their own Bibles to your class (or sessions if it's one-on-one). Give opportunities for them to use them, or they will stop bringing them.
3. Help students memorize the books of both the Old and New Testaments, as well as where to find them in their Bible (give Bible drills on finding verses).

## D. Teach How to Have Daily Devotions

Encourage him to have the following ready for his devotions:

- ✓ His **Bible**--to read a selected portion (you can guide his early selection)
  - ✓ His **pencil** and a small **notebook**--to write down some of his observations, questions, or thoughts about how to apply what he read that day.
1. Help him set a **specific time** to have his devotions. He should choose a time when he is alert and able to concentrate on his reading.
  2. Help him choose a **quiet place**, free from distractions.

3. Encourage him to **prepare his heart**.



✓ **Sing or play** a praise song to God (optional)

✓ **Pray**, asking God to speak to him through what he reads, as well as to understand how to live the truth that he reads.

4. Read the Bible passage

Help him to have a reading schedule of some kind or a devotional book containing daily passages and stories to read. Suggest that younger children read from one of the gospels each day--as many verses as their age (an eight-year-old could read eight verses each day).

5. Reflect on and write thoughts, meditations, or applications from what he read

Encourage him to ask and answer these three questions:

☞ ***What do the verses say?*** Summarize or paraphrase the main ideas.

☞ ***What do they mean?*** Does he understand what it's talking about? Is there something he needs to ask his parent or teacher about, or look up in a dictionary?

☞ ***What does God want him to do about what he read?***

- 1) Is there a promise to believe?
- 2) Is there a warning to listen to?
- 3) Is there a command to obey?
- 4) Is there a sin to confess?

6. Have him pray (see the notes on a personal prayer time).

7. Obey and apply what the Bible says

James 1:22 →

8. Memorize/meditate on a verse each week

Psalm 119:27 →

- E. Teach the benefits of having a regular devotion time

Psalm 19:7,8 →



Psalm 119:1,2 →

Psalm 119:9,11 →

Psalm 119:104 →

Psalm 119:105 →

#### IV. Ways to Teach About a Devotional Time

##### A. Through Using a Study Bible (if possible) or Specific Bible Lessons

1. Deuteronomy 6:1-12
2. Psalm 78:1-8
3. Life Application Study Bible
4. MacArthur Study Bible
- 5.



##### B. Through Special Lessons, Devotional Books, and Calendars

1. Correspondence lessons (Mailbox Club)
2. A Look at God's Book (CEF Press)
3. Children's Bibles
4. Bible reading calendars/schedules (see MacArthur Study Bible)
5. Voice of the Martyrs annual calendars
6. One-year devotional books
- 7.



##### C. Through Music 🎵

1. Read your Bible, pray every day
2. Psalm 119:11
3. The books of the Bible song
- 4.
- 5.



##### D. Through Making and Using a Counseling Tool about a Quiet Time

1. This tool can be made small enough to use with Believers one-on-one.
2. This tool can be made large enough to use before the entire class. You can select which truths to share from week to week.