


EQUIP

study guide





HOW TO EAT YOUR BIBLE

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Main Objective:

For people to grow in love for, worship of, and obedience to God by being devoted students of his Word.

Areas of Growth:

- **Conviction:** growth in understanding the importance of God's Word for progressing in spiritual maturity and increasing in godliness
- **Competence:** growth in our ability to interpret God's word accurately and apply it to daily living
- **Character:** growth in our commitment to practice the spiritual disciplines of reading, studying, and applying the Bible – the inscripturated Word – with the aim of being increasingly conformed to Jesus – the incarnate Word

INTRODUCTION: SETTING THE TABLE

1. How would you describe your current practice of personal Bible reading and study? Is it weak, strong, regressing, improving?
2. In your opinion, what are some things that make consistently reading and studying the Bible challenging?
3. Have you personally experienced the power of God's Word to change your spirit, your mind, your emotions, and your will? If you had to pick one, which of these four areas do you want to grow in the most at this point in your life – and why?

Memory Work:

Your word is a lamp to my feet and a light to my path. ~ Psalm 119:105

CHAPTER 1: STARVING FOR THE WORD & CHAPTER 2: BEGINNING WITH PRAYER

1. What thing(s) stood out to you the most in Chapter 1 and why? Was there something you found particularly encouraging or challenging? Was there anything you questioned or disagreed with?
2. In your opinion, is our culture becoming more biblically illiterate? If so, what are some factors you think are at play? Do you think it is important for Christians to be biblically literate? Defend your answer from Scripture.
3. Do you think it is important to pray before reading or studying your Bible? Why or why not? Defend your answer from Scripture.

Memory Work:

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name. ~ John 20:30-31

CHAPTER 3: READ – WHAT DOES IT SAY?

1. What thing(s) stood out to you the most in Chapter Three and why? Was there something you found particularly encouraging or challenging? Was there anything you questioned or disagreed with?
2. What are some benefits of reading through the entire Bible in one year? What are some benefits of taking a longer period of time? Which approach are you more inclined to adopt?
3. Do you often have trouble remembering what you read in the Bible? What are some strategies you can try to help you recall better?

Memory Work

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.

~ Hebrews 4:12

CHAPTER 4: STUDY – WHAT DOES IT MEAN?

1. What thing(s) stood out to you the most in Chapter Four and why? Was there something you found particularly encouraging or challenging? Was there anything you questioned or disagreed with?
2. Would you say that the Bible is hard or easy to understand? Explain. Do you consider Bible study to be hard work? Why or why not?
3. What are some of the tools for Bible study that you have found most helpful?

Memory Work

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. ~ Romans 15:4

CHAPTER 5: USE – HOW DO I APPLY IT?

1. What thing(s) stood out to you the most in Chapter Five and why? Was there something you found particularly encouraging or challenging? Was there anything you questioned or disagreed with?
2. What might be some dangers of reading and studying the Bible merely for the acquisition of knowledge while neglecting questions of personal application (see James 1:22-25)?
3. How can you keep the spiritual discipline of Bible reading and study from becoming an empty exercise of checking a box on your to-do list?

Memory Work

For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it. ~ Isaiah 55:10-11

CHAPTER 6: EAT UP!

1. What thing(s) stood out to you the most in Chapter 6 (and the section in developing a Bible reading plan) and why? Was there something you found particularly encouraging or challenging? Was there anything you questioned or disagreed with?
2. Visit www.biblereadingplangenerator.com to create a personal Bible reading plan for the remainder of this year while giving thought to plans for the next several years as well. Share your plan with the group.

Memory Work

How sweet are your words to my taste, sweeter than honey to my mouth! ~ Psalm 119:103

