



“Feast on Scripture Until It Pours Out of You” | God’s Word

GETTING STARTED: If calories and cost were of no consequence, what is one dessert item that you’d like to share with this group? Where would it come from or who would make it? When was the last time you enjoyed it?

EXPLORE THE TOPIC

1. What is meant by the phrase, “You are what you eat”? How does that apply to things in life besides just food? How does it apply to spiritual matters?
2. What habits or routines exist in your life when it comes to God’s word? How do you “feast” upon it (reading, listening, something else)?
3. Read 2 Timothy 3:14-17. What do these verses tell us about Timothy’s familiarity with scripture? Why might Paul have been encouraging him to “continue in what you have learned”? Why might we need that same encouragement? How can we offer that encouragement to one another?
4. Brooks mentioned the following “eating instructions.” Which of these come most naturally to you? Which do you struggle with the most? How do these three instructions help present a complete and balanced method for feasting upon scripture?
 - Get it in your hand - Bible reading
 - Get it in your heart - Bible meditation
 - Get it in your head - Bible memorization
5. What encouragement would you give to a new believer in regards to feasting on scripture? What could you do to help them be successful in building meaningful routines and habits?

6. Read 2 Timothy 4:1-5. Pay special attention to the following approaches we can use to speak to others using God’s word. Imagine a scenario or personality type where each approach might work best.
 - “correct and rebuke” - behaviour approach
 - “encourage” - emotional approach
 - “careful instruction” - intellectual approach

7. What questions do you have about scripture? It could be anything from how the Bible is laid out to why there are so many translations available. Your group can help you learn and investigate over time.

APPLY THE TRUTH

Consider the Chinese proverb that says, “Sow a thought; reap a deed. Sow a deed, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.” Notice that it all starts with a thought. What new habits or routines do you need to develop or change to nourish yourself with God’s word?

PRAYER

Lord, please guide my steps as a messenger of God’s word to the world. Forgive me for the times that I overlook the value and necessity of feasting on scripture in my own life. Equip me to be “prepared in season and out of season” to “correct, rebuke and encourage” the people in my life. Amen

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