

His Word in My Heart

Jim Downing

I. Introduction.

- A. The Word of God has the greatest of worth.
- B. It is so common and available that it is easy to lose respect for it.
- C. Five ways to get the Word into our hearts.
- D. We need to feed on it to be healthy, study it to be intelligent, memorize it to be skillful, meditate on it to be spiritual, and apply it to be mature.

II. Method 1: reading and hearing.

- A. Reading the Word brings blessing to us. We are to desire it. (Revelation 1:3; 1 Peter 2:2-3; Hebrews 12:5-13)
- B. What food does for our physical body, the Word does for our spiritual life.
 - 1. Although people do not remember what they ate, they are nourished by it. Taking in nourishment does not depend upon memorizing the menu.
 - 2. God's Word is better than necessary food. (Job 23:12; Jeremiah 15:16)
 - 3. Satan's objective is to get you from the Word of God—our daily food.

III. Method 2: studying.

- A. Being able to organize material and present it takes more than reading for reproduction. This is the difference between reading and studying.
- B. Requirements of a good Bible study:
 - 1. Original investigation.
 - a. Epistles were not originally delivered with ten commentaries.
 - b. Original discovery is always the best.
 - 2. Written reproduction. Thoughts disentangle through the presence and use of a pencil and paper.
 - 3. Systematic and progressive.
 - 4. Personal application.
 - 5. "Pass-on-able."

- a. It must be simple enough that it can be passed on to others.
- b. The challenge is how we can master the English Bible in our lifetime. We need a plan.
 - 1) Someone suggests reading through a book of the Bible enough times that one can list a title for each section.
 - 2) An example through Esther.

C. The value of studying.

- 1. Sometimes in hearing we only get a little “whiff” of the Word of God.
- 2. The Bereans tested everything that was said by checking the Word of God.

IV. Method 3: memorizing.

- A. This builds credibility. You only need to know twenty verses or so to gain credibility.
- B. The word of God buried in our hearts is about the only weapon the Holy Spirit has when we start to get out of line. He is able to prick our hearts and consciences through that Word.
- C. It is indispensable in personal evangelism.

V. Method 4: meditation.

- A. Meditation is rumination. Nourishment is extracted and it goes into your life.
- B. We are commanded to meditate. (Joshua 1:8; Psalm 1:2-3; John 6:63)
- C. When we meditate we literally share the life of Christ. This overflows in fruitfulness.
- D. Steps in this process.
 - 1. Use of the subconscious mind. At the end of the day the conscious mind passes the problems of the day to the subconscious mind and it prevents the body from resting.
 - 2. The secret to meditation is to make sure that the last waking thought is something from the Word of God. You can use the Psalms and reflect on one during the night. You can also break up the day so that your mind periodically meditates on a verse. (Proverbs 6:22; Psalm 119:197, 164)

VI. Method 5: application and obedience.

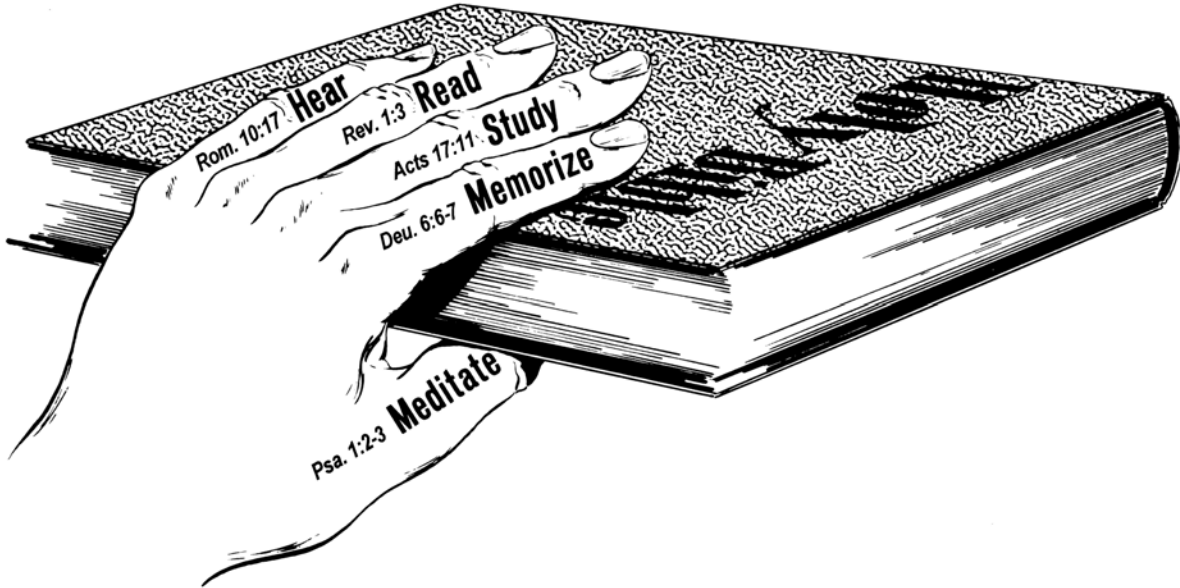
- A. We are to do and teach. The sequence is important. (James 1:22; Acts 1:1; 5:19)
 - 1. It is unusual for a person to look into a mirror and not see something that needs an adjustment and not make that adjustment. (James 1:23)

2. It is therefore an oddity for a person not to take immediate action when he sees a problem in his character to work on after looking into the Word of God.

B. We need to apply what we learn from the Scriptures.

C. The Word of God is able to build you up. We have what we need. (Acts 20:32)

D. Sin will keep you from the Word, or the Word will keep you from sin.



Application questions.

1. Review the five methods for getting the Word into your heart. Which ones stand out to you? Why?

2. Do you see some methods as more important than others? If so, why? Explain.

3. Are you lacking in any of these areas? How can you efficiently apply these methods of saturating yourself in God's Word in a way that most honors Him?
