

Benefits of the Bible

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

Matthew 4:4

Introduction

As disciples of Jesus Christ, we are called to love God and we love people. In healthy, life-giving relationships, listening is as important as speaking. This true in our relationship with the Lord, as well. Reading the Word of God, and 'hearing it' as God brings it to mind, is the most foundational way that we listen to God.

The Bible is God's expression of Himself to us. We know it's reliable because of its enduring qualities. (See *Why the Bible*) God inspired approximately 40 writers over 1500 years to tell us what He has done, what He is like, and what He desires for us. In the Bible we learn about His personality, His purposes, His plans, and His promises. We learn about what grieves Him and what pleases Him.

In the Bible we find out what will fulfill our soul's longing, and how we can live effective, fruitful lives. Knowing His Word and applying it to our lives brings spiritual maturity, stability, and victory in spiritual battle. We respond to God by worshipping Him and following Him.

The Bible is God's handbook for living, or His **B**asic **I**nstructions **B**efore **L**eaving **E**arth.

After the death of Moses, when the Lord called Joshua to lead the people of Israel, He said to him, *"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. For then you will be prosperous and successful."* Joshua 1:8

Jesus said, *"If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."* John 8:31,32

So, let's look at specific benefits of reading, meditating, memorizing and living by the Bible.

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Discovery Exercise

Read **Psalm 119**. What stands out for you as you read this psalm?

How many verses are in this psalm?

How many times is God's word is mentioned in this psalm? (Include words like 'your word' 'your commandments' 'your statutes' 'your testimonies' etc.)

From the verses below, what are some benefits of knowing and applying the Word of God?

Psalm 119:9 -

Psalm 119:11 -

Psalm 119:24 -

Psalm 119:92 -

Psalm 119:99 -

Psalm 119:105 -

Psalm 119:114 -

Romans 15:4 -

1 Timothy 4:15,16 -

2 Timothy 2:15 -

2 Timothy 3:14,15 -

2 Timothy 3:16,17 -

2 Peter 1:4 -

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Sample Answers for this Discovery exercise

Psalm 119. What stands out for you as you read this psalm?

God's Word is powerful in showing us His will, and helping us to live a fruitful, fulfilling life, pleasing to Him.

How many verses are in this psalm? *176*

How many times is God's word is mentioned in this psalm? (Include words like 'your word' 'your commandments' 'your statutes' 'your testimonies' etc.) *177*

From the verses below, what are some benefits of knowing and applying the Word of God?

Psalm 119:9	<i>purity of living</i>
Psalm 119:11	<i>victory over sin by memorizing the Word and treasuring it</i>
Psalm 119:24	<i>joy and wisdom for life (counsel)</i>
Psalm 119:92	<i>joy and strength in time of sorrow and distress</i>
Psalm 119:99	<i>wisdom comes from meditating upon the Word</i>
Psalm 119:105	<i>guidance for daily living and decision making</i>
Psalm 119:114	<i>safety, protection, hope comes from trusting God's Word</i>
Romans 15:4	<i>encouragement, ability to endure with hope</i>
1 Timothy 4:15,16	<i>we will grow as Christians, others will be encouraged, as we are diligent and persevering in the Word of God</i>
2 Timothy 2:15	<i>confidence as a worker for God, through study and correct use of the Bible</i>
2 Timothy 3:14,15	<i>wisdom to salvation through faith in Christ Jesus</i>
2 Timothy 3:16,17	<i>useful for teaching, rebuking, correcting, training in righteousness, equipping us for every good work</i>
2 Pet er 1:4 -	<i>we become more Christlike by heeding His promises in the Word of God</i>

As you read through the Bible again and again, ask God to 'speak to you' through it. Record your thoughts in a journal. Over the years, as you apply His truth in your daily life, you'll build up a personal knowledge of His truth and love, and you'll have wisdom to share with others,