

**Week Two**  
Daily Bible Engagement

---

**Weekly Memory Verse**

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." - 2 Timothy 3:16-17

## Day 1

# Teach Me Your Ways – by Mardi Cork

*“Teach me, O Lord, the way of your statutes and I will keep it to the end (33). Give me understanding, that I may keep your law and observe it with my whole heart (34). Lead me in the path of your commandments for I delight in it (35). Incline my heart to your testimonies, and not to my selfish gain (36). Turn my eyes from looking at worthless things, and give me life in your ways (37).” – Psalm 119:33-37 (ESV)*

We learn from the Bible that obedience to God’s Word doesn’t come naturally. It’s something we learn (v.33). We also learn that we need to ask God to give us understanding of His Word so we can become more obedient to Him (v.34). We can find joy whenever we walk on God’s path (v.35) but it requires a conscientious effort to turn away from caring more about ourselves than God’s Word (v.36). And renewal isn’t a church program, it is God’s promise to those who spend time in His Word (v.37).

Daily Bible Engagement is an essential rhythm that helps us grow in our relationship with God through knowing and understanding His Word. I love to interact with God’s Word by reading a passage, writing down the facts, and then gleaning its principles, teachings and directions. After I do that, I turn those learnings into questions so I can assess how my life lines up with what I’ve read in Scripture. How teachable am I? Have I asked God to give me an understanding of His Word? What joy will I miss if I don’t bother to read and follow God’s direction for my life? Am I willing to prioritize my time in order to spend it in God’s Word? Do I want renewal by spending time in God’s Word? God is always faithful to reveal something: a promise I can rest in, a sin I need to confess, or a comfort I can receive.

Most of all, I remember to ask God’s Spirit to give me the power to obey His Word. “God, as I study your Word, I want to have a teachable spirit. Please forgive my know-it-all attitude that prevents me from hearing from You. As I become a student of your Word, eager to hear from You, please open my mind to understand and obey Scripture that I might have a renewed life which is unselfish, and full of joy and worthwhile pursuits. Please reveal anything I am pursuing that is not worthwhile and increase my desire for what IS worthwhile.”

## **Reflect**

*Answer the questions below and write down any other thoughts and prayers to God in your Life with Rhythm journal.*

1. What does having a “teachable spirit” mean to you? How do you need God’s help to become more teachable?
2. How could God give you a greater understanding of His Word so that you can become more obedient to Him?
3. What kind of joy have you experienced whenever you’ve been intentional to read God’s Word and follow His direction for your life?
4. How could you prioritize your time to read God’s Word in order to experience true “life” and renewal in following His ways?

## **Going Deeper**

*Every day you'll have an opportunity to "go deeper" into God's Word by practicing the REAP study method. Read the following scripture and use your journal and the REAP method to unpack the following scripture and apply it to your life.*

Learn more about REAP at <https://rhythms.friends.church/reap>

### **2 Timothy 3:16-4:3**

## Day 2

# Five Ways Scripture Impacts Our Lives – by Kent Kraning

*“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.” – 2 Timothy 3:16-17*

When I think about the impact Scripture has had on my life, it's hard to fully capture that in a few words. Having grown up in the church, I've had seasons where the Word came alive and other times when it felt like dry bones. But the greatest experiences I've had in interacting with God's Word have been when I've sensed Him speaking to me.

Of course, there are verses that teach and train me and those that rebuke or correct me. There are times when I feel my life is in sync with what God has for me and other times there are portions of Scripture that I would prefer to skip. But my most meaningful experiences with God's Word have been when I've felt as if I was reading a letter from God to me for that specific day. Regardless of the chapter or verse, I've sensed God giving me something that I will need, even if I can't see it in that moment.

I'm currently reading through 2 Chronicles. Even amidst Old Testament stories I've read before, I can sense the LORD giving me counsel for the day ahead. It's amazing how God can touch my day in a specific way, even through an obscure passage, if my ears are open and my heart is teachable. The Bible is not just a collection of ancient stories or teachings. It's the living, breathing, active Word from my Creator who knows exactly what I will need today.

### **2 Timothy 3:16-17 outlines five ways that God's Word impacts our lives:**

- **Teaching** – Scripture teaches us about God and how we're created to live in relationship with Him.
- **Rebuking** – Scripture rebukes us by confronting our sin and judging our thoughts and attitudes.
- **Correcting** – Scripture corrects us and redirects our lives to live in obedience to God.
- **Training** – Scripture trains us in godliness as we submit to God's guidance in our life.

- **Equipping** – Scripture equips us for the “good work” God designed for us to do in His Kingdom.

## **Reflect**

1. How have you experienced the Holy Spirit using God’s Word to give you what you will need for that day?
2. How has the Holy Spirit used God’s Word to teach, rebuke, correct and train you? What are some examples?
3. How has the Scripture equipped you for the “good work” God’s planned for you?
4. Ask the Holy Spirit to give you a receptive heart and mind as He continues using God’s Word to shape and equip your life.

## **Going Deeper**

*Every day you'll have an opportunity to "go deeper" into God's Word by practicing the REAP study method. Read the following scripture and use your journal and the REAP method to unpack the following scripture and apply it to your life.*

Learn more about REAP at <https://rhythms.friends.church/rap>

## **Luke 10:38-42**

### Day 3

## So, What's Your Plan? – by Drew Heim

*“Let the word of Christ dwell in you richly.” (ESV) – Colossians 3:16*

*“Blessed is the one ... whose delight is in the law of the Lord, and who meditates on his law day and night.” – Psalm 1:1-2*

If you're going to engage daily with God's Word, you'll need a plan. In our Day Four Reflection this week, we'll provide some tips on Scripture meditation and memorization. But today, we'll focus on developing a daily plan for reading and applying God's Word.

When I was a senior in high school, the Lord began to stir my heart for Him. I remember waking up early each morning at sunrise, heading to my favorite lounge chair, and spending time reading the Bible and journaling. In many ways I didn't know how to read the Bible, but God was gracious. Even on days when I fell back asleep in the chair, I still remember a growing love and excitement for God in His Word.

In college, I remember listening to multiple sermons each week. I couldn't get enough. My practice of Bible reading took on a whole new dimension as I learned and studied the deeper layers of God's Word. It was amazing! In seminary, however, while my knowledge of Scripture increased my love for it seemed to wane. God was teaching me I could gain Scriptural knowledge but not actually have my heart open to God and his transforming love and power. That's a hard lesson to learn.

Since those years, I have approached the Scriptures in many different ways. I listen to the Old Testament narrative books on my phone, memorizing chunks at a time. I read large portions in one sitting, prayerfully meditating on very small sections as I read them over and over (often a Psalm). And I use great study tools like BibleHub. Each of these have been especially meaningful for me in different seasons of my life.

But, regardless of the approach, we must remember two things. First, having a consistent plan will help yield spiritual fruit in your life, and having variety in that plan can be very helpful. Second, spending time in God's Word is not about checking a box or simply gaining knowledge. Rather, it's time we get to meet with God!

Here are some important elements to consider in creating a plan:

- **Time and Location:** Find a consistent time when you're most awake and a location that is distraction free. What's your best time and place to read God's Word?
- **Daily Plan:** Knowing *what* you'll read each day is essential. Consider reading one of the Gospels to know more about Jesus' life and teaching. Maybe go through an

unfamiliar Old Testament book. Ask group members about their Bible reading plans. Consider reading plans available on free Bible apps like: *YouVersion* (7M subscribers), *ReadScripture* (with Bible Project videos), *Bible in One Year* (with commentary by Nicky Gumbel). Where in the Bible will you begin reading?

- **Invite the Holy Spirit to speak to you:** Read a brief section of Scripture. Go slowly, allowing the words to go deep. Ask the Spirit to speak. Record what you sense He is saying. (In our Week 2 group meeting, we'll use the "REAP" inductive Bible study method that provides questions as you read a passage).
- **Study Tools:** Consider using a study Bible like the Life Application Study Bible, or tools like BibleHub.com or Biblestudytools.com that will deepen your understanding of a passage and offer suggestions on how to apply it.
- **Spiritual Partner:** Invite someone to read the same passage and share what you've learned with each other.

## Reflect

*Answer the questions below and write down any other thoughts and prayers to God in your Life with Rhythm journal.*

1. Meditate on the verses in the Reflect section. How could developing a plan for Daily Bible Engagement enable God's Word to "dwell in you richly"?
2. What's your next step in making a Daily Bible Engagement plan?
3. Who can partner with you in reading the same daily passages and then share what they've learned with you (such as a spouse, friend, or another group member)?

## Going Deeper

*Every day you'll have an opportunity to "go deeper" into God's Word by practicing the REAP study method. Read the following scripture and use your journal and the REAP method to unpack the following scripture and apply it to your life.*

Learn more about REAP at <https://rhythms.friends.church/rep>

## Isaiah 55:6-13

## Day 4

# Scripture Meditation and Memorization — by Kyle Bleeker

*“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” — Joshua 1:8*

*“I have hidden your word in my heart that I might not sin against you.” — Psalm 119:11*

A mentor of mine once pushed me to pick a Psalm, memorize it, and then recite it to him a week later. I was a little daunted by the task because I hadn't memorized Scripture in years. But I didn't want to disappoint him so I said, “yes,” picked Psalm 63 and got to work reading, writing, and speaking the text out loud so I could ingrain it in my brain.

The next week I met up with him and recited the passage. He was unimpressed. He read Psalm 119:11 to me and explained that the purpose of hiding God's Word in our hearts is that it will take root in such a way that two things will happen: 1) God's own life begins to grow within us; and 2) as God changes us, sin is displaced.

He told me, “That's why you don't want to just know God's Word, you want to make it a living part of you.” He then encouraged me to spend one more week “living with the text,” chewing on it, digesting it, and praying it back to God.

I walked away confused. I didn't have a clue what he was talking about. Thankfully, because I respected him, I gave it my best try. I started to meditate on Psalm 63, turning it over again and again in my mind. But nothing was different until I found myself in the middle of an intramural game that I was losing badly. I got angrier and more frustrated with how the game was going, and was about to act badly when the opening line of Psalm 63 jumped into my head. “Oh God, my God, earnestly I seek you.”

I was caught off guard that the text surfaced at that point, and even more surprised how it reset my perspective. I pulled back from my anger. I put the brakes on my competitive drive. I slowed down enough to realize I wasn't “living the text.” I still ended up losing the game, but I had the sense that I had gained a new skill and maybe even some character that wasn't there before.

Looking back, I'm so glad my mentor pushed me to try memorizing and meditating on Scripture. It taught me that when you do the work of hiding God's Word inside you, you give the Holy Spirit material to work with to displace sin and foster the growth of God's life inside you. It is a worthwhile pursuit that will never return empty.

Scripture meditation and memorization enable us to slow down the pace of our reading and truly immerse ourselves in a few verses. As John Ortberg reminds us, “the goal is not for us to get through the Scriptures. The goal is to get the Scriptures through us.” He explains:

“Meditation is as slow as the process by which roots draw moisture from the flowing river to bring nurture and fruitfulness to a great tree. Meditation is important enough to be mentioned more than fifty times in the Old Testament. It means not only to think about God's Word, but to read it aloud. Reading the Scriptures out loud gives the reader focused attention and the advantage of learning by both eye and ear ... Meditation merely implies sustained attention. It is built around this simple principle: ‘what the mind repeats, it retains.’

To begin, choose a single piece of Scripture — one ‘thought’ of God’s — that you will live with for one day. Allow this thought to become part of your memory ... Memorizing Scriptures is one of the most powerful means of transforming our minds. Memorize statements from Scripture that will help you in matters in which you need it most ... For instance, if pride is a problem, try Philippians 2:3: ‘Do nothing from selfish ambition or vain conceit, but in humility regard others as better than yourselves.’ What matters is not how many words we memorize, but what happens to our minds as we immerse them in Scripture. As with any other spiritual disciplines, memorization is only a means to an end.” (Ortberg, p. 188-190)

## **Reflect**

*Answer the questions below and write down any other thoughts and prayers to God in your Life with Rhythm journal.*

1. How do you want to grow in Scripture meditation and memorization?
2. Try memorizing 2 Timothy 3:16-17 (Week Two memory verse) this week.
3. Meditate on Psalm 119:11. Write down what God stirs in your heart in your journal.

## **Going Deeper**

*Every day you'll have an opportunity to "go deeper" into God's Word by practicing the REAP study method. Read the following scripture and use your journal and the REAP method to unpack the following scripture and apply it to your life.*

Learn more about REAP at <https://rhythms.friends.church/rep>

## **John 8:31-36**

## Day 5

### Having A Mind Like Christ — by James Farrah

*"But we have the mind of Christ." — 2 Corinthians 2:16b*

*"Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will." — Romans 12:2*

*"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*

—

*2 Corinthians 10:5*

*"Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things." —  
Philippians 4:8*

*"Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless." — Ephesians 5:25-27*

One of my favorite Bible characters is Peter because Peter fails a lot and I can relate to him. Fortunately, God cares more about where we are going than where we have been. In the Gospel of John, Peter makes a bold pronouncement to Jesus and the others in attendance by telling Jesus that he will lay down his life for Him. But only five chapters later, Peter disowns Jesus. Let that sink in for a moment. He was with Jesus day in and day out and yet when the time came for Peter to prove his mettle, he betrayed Jesus! Is there hope for you and me? Yes! We have the indwelling Holy Spirit and the Word of God to direct and empower us.

As finite and sinful human beings with limited minds, our natural inclination is to try to live life on our own terms apart from God. That's why we need the Word of God to wash over us, cleanse us regularly, and transform our thinking.

When I was a new Christian, someone recommended that I read the Book of Proverbs each day. There are 31 chapters, so it was very easy to look at the date and open up to that chapter. I found a gold mine of wisdom contained in these pages; wisdom that kept me from doing some very unwise things. It was amazing how my thinking changed after reading and listening to His Word. My mind started to change and I started to think more

like Jesus. My values became more in line with His values. Many of the things I had cared about no longer mattered. I realized that I don't come to God as a blank slate, but rather my thoughts and ways can oftentimes run counter to God's ways. I need Scripture to teach, guide, correct, and rebuke my waywardness. I need God's Word to cleanse and renew my mind so that I can know Him, become more like Him, love like Him, and better serve Him.

We cannot live a victorious, Spirit-filled, transformed life without the regular consumption of God's Word. Having my mind regularly renewed has made me a better husband, father, person, and pastor. When we surrender ourselves to Him and allow His Word to shape our thinking, we set ourselves up to receive His grace. By reading God's Word, we are doing one of the things that Jesus did and become a more authentic follower of Christ.

John Ortberg helps us understand how our minds can be "washed" by God's Word:

"When we come to God, our minds and hearts are cluttered with false beliefs and attitudes, deadly feelings, misguided plans and hopes and fears.... It is a frightening thing to begin to see the truth about your own mind and its need for cleansing ... (we need) to have the mind "washed by the Word" .... This is how we are to be transformed by Scripture. This is our greatest need.... Ask him to begin to wash your mind, your thoughts – even if the cleanser stings a bit.... Read the Bible in a repentant spirit. Read the Bible with a readiness to surrender everything. Read it with a vulnerable heart. Read it wisely but understand that reading for transformation is different from reading to find information or to prove a point. Resolve that you will be obedient to the Scriptures.... To be filled with knowledge about the Bible but to be unwashed by it is worse than not knowing it at all.... When a mind is washed – when someone begins to be filled with the very thoughts of God – it is a gift to the world." (Ortberg, p. 178, 181, 183-185)

## **Reflect**

*Answer the questions below and write down any other thoughts and prayers to God in your Life with Rhythm journal.*

1. As you read Ortberg's thoughts, how did you sense the Spirit speaking to you?
2. What would it look like for you to read God's Word with a "repentant spirit" and a "readiness to surrender everything"?
3. Ask God to "wash your mind" as read His Word, "even if the cleanser stings a bit." Let Him know of your "resolve" to be obedient to the Scriptures.

## **Going Deeper**

*Every day you'll have an opportunity to "go deeper" into God's Word by practicing the REAP study method. Read the following scripture and use your journal and the REAP method to unpack the following scripture and apply it to your life.*

Learn more about REAP at <https://rhythms.friends.church/reap>

### **Hebrews 4:11-13**

## **Week Two**

### Daily Bible Engagement

---

Welcome to “Life in Rhythm” – Week 2!

Over our eight-week journey together, we’re learning how to practice 7 “Rhythms” that can deepen our relationship with Jesus, so that we can have a heart like His.

“Daily Bible Engagement” is our new Rhythm!

Here’s our summary: *Daily Bible Engagement – Scripture is the Word of God; equipping us to know Him and learn how to live as authentic Christ-followers. Reading, meditating on, and applying God’s Word each day is essential for our spiritual growth.*

2 Timothy 3:16-17, our Week Two memory verse, reminds us that “All Scripture is God-breathed.” The Bible is the “breath of God.” Although human authors were involved in recording the words of Scripture, ultimately it was God who directed them in their writing as they were “carried along by the Holy Spirit” (2 Peter 1:20-21).

Think about that! If you’ve ever wondered what it would be like to hear God’s voice – to know what God thinks and to know what God wants – we can hear from Him every time we read Scripture.

Jesus knew the power of God’s Word. He was constantly referencing the Old Testament.

While being tempted in the wilderness in Matthew 4:1-11, He repeatedly refuted Satan’s lies by quoting Scriptures such as Deuteronomy 8:3, affirming that “man shall not live on bread alone, but on every word that comes from the mouth of God.” Later in Luke 4, Jesus read from Isaiah 61:1-2 in claiming His messianic identity as the One “anointed” by “the Spirit of the Lord” to “proclaim good news.”

So if you’re ready to grow deeper with Jesus through engaging with His Word, let’s dive into Week Two!

## **Agenda**

1. OPENING PRAYER
2. CONNECT & REFLECT (30 MIN)
3. VIDEO (10 MIN)
4. DISCUSSION QUESTIONS
5. REAP EXPERIENCE (60 MIN Optional)
6. PREVIEW NEXT SESSION
7. CLOSING PRAYER

## **Connect & Reflect**

1. Introduce and welcome anyone who is new to the group this week.
2. If you heard the sermon on “Daily Bible Engagement” this past weekend, did you sense God’s Spirit speaking to you? How was He stirring you? Hopefully you’ve noticed the alignment in topics between our weekend services and our “Life in Rhythm” group curriculum.
3. Did you interact with the “Daily Reflections” this past week? If so, were any of them impactful?
4. Whenever you seriously reflect on God’s Word, how does the Holy Spirit use it to help you grow spiritually? What have you learned about making that a top priority in your life?

## **Watch Video**

The Session 2 video will be available on September 25.

<https://rhythms.friends.church/videos>

## **Discussion Questions**

1. What stuck out to you in the video?

## REAP Experience (Optional 60 minutes)

This week we want to introduce you to "REAP" – a helpful tool for reading, meditating on and applying God's Word in any Old or New Testament setting.

REAP is a study method built on the three steps of inductive Bible study – Observation ("what do I see?") – Interpretation ("what does it mean?") – Application – ("how should I respond?").

"One of the primary reasons we need to be in a disciplined study of the Scriptures is so we can saturate ourselves in the truth. When we know the truth and we are presented with that which is false, we will instinctively recognize it. Measuring philosophies or theologies or opinions or sermons or books or doctrines or counsel by the Word of God is like exposing the crookedness of a stick by placing a straight stick beside it. I am authentic as a Bible teacher only in proportion to my faithfulness to God's Word." - Ann Graham Lotz

REAP is a study method built on the three steps of inductive Bible study:

- Observation ("what do I see?")
- Interpretation ("what does it mean?")
- Application – ("how should I respond?")

REAP has Four Steps – Read, Examine, Apply, Pray.

## How It Works

**Read** the scripture and list the facts

- What does God's Word say?
- Make a verse-by-verse list of the most obvious facts. Use actual words from the passage itself. Do not paraphrase.

**Examine** the scripture

- What does God's Word mean?
- First pray and ask God to reveal the spiritual lesson or principle within each fact. Ask yourself:
- What are the people in the passage doing that I should be doing?
- Is there a command I should obey? A promise I should claim? A warning I should heed? An example I should follow?

## **Apply** the scripture with a question

- What does God's Word mean to me?
- Put the lessons you found above into the form of a question that you would ask yourself or another person.

## **Pray** the scripture with a question

- What will I do to live it out?
- Read the lessons prayerfully, objectively, thoughtfully and attentively as you listen for God to speak. He may not speak to you through every verse, but He will speak.
- Journal your prayer and record what God seems to be saying to you and your response to Him.

## **Example**

*REAP the following scripture: 2 Timothy 3:16-4:3*

[3:16] All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God[A] may be thoroughly equipped for every good work.

[4:1] In the presence of God and of Christ Jesus, who will judge the living and the dead, and in view of his appearing and his kingdom, I give you this charge: 2 Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction. 3 For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear.

## **Read** the scripture and list the facts

- [3:16] All scripture is God breathed. It teaches, rebukes, corrects, and trains in righteousness.
- [3:17] It equips God's servants for good works.
- [4:1] Timothy, in the presence of God and Jesus who will judge, and in view of His appearing and kingdom, charges listeners...
- [4:2] to always be prepared to preach the word, correct, rebuke and encourage, with patience and careful instruction.

- [4:3] He warns of a time when people preach unsound doctrine that suits their own desires. Many will gather to listen to teachers who say what their itching ears want to hear.

### **Examine** the scripture

- [3:16] God's word is GOD'S WORD. And we have access to it! It is amazing. It teaches me, it convicts me of my sin and corrects my wayward heart. If I spend time in it, it will train me to be righteous like Jesus.
- [3:17] It's God's word that directs me to do what God wants me to do.
- [4:1] Timothy charged his congregation. It is not only the job of the pastor to know God's word- IT IS OURS!
- [4:2] I need to prepare myself by knowing God's word in order to share it if the opportunity arises. I am charged to be able to carefully instruct, correct, rebuke and encourage others in God's word.
- [4:3] Warning! We are in this time that Timothy speaks of where preachers do not stay true to God's word because people want to have their itches scratched.

### **Apply** the scripture with a question

- [3:16] Do I spend time in God's word and allow it to teach, rebuke, correct and train me in righteousness?
- [3:17] Do I set out to serve God without being equipped by His word?
- [4:1] Because all scripture is God breathed, do I recognise that Timothy's charge is for me today and not just my pastor? Am I taking on the responsibility to know God's word for myself?
- [4:2] Am I taking seriously the charge to know God's word so that I can carefully instruct, correct, rebuke and encourage others?
- [4:3] Am I more excited to listen to personalities, books, podcasts etc that reflect my desires, than God's plain and clearly spoken truths? Because of my time spent in God's word, can I identify unsound doctrine?

### **Pray** the scripture with a question

Heavenly Father, I pray that you would soften my heart so I can be changed by your Holy word. Please unhook me from any beliefs that are not from you. Bring them to my mind so I can repent of them. Make my unrighteousness clear so I can be changed by your power within me. Prepare me with your word to serve you today. Help me to bring it to

whomever you put in my path. Give me revelation of your truth from your word so I can easily recognise false teaching and any false comfort that is luring me away from You.  
AMEN

### **Next Week: Prayer**

Next week we will dive into our second rhythm, Prayer. We will focus on the truth that prayer is our communication with God; acknowledging Him as our Lord, sharing our hearts with Him, asking for His help, and listening to His voice, both individually and in community.

Between now and our next meeting together, your homework is to complete the Daily Reflections 6-10.