

# 5. The Word

## Introduction

How long do you think we can survive without eating?

1 day  3 days  10 days  20 days  40 days  60 days  100 days

If you checked '1 day', I can see you've never missed a meal in your life! No, it's not even 10 or 20 days. We can survive **40 days** without food, but after that, our bodies begin to starve and death is not far off. Just as our physical bodies need food to grow and survive, even so, *our spirits need to be fed* as well. Notice how the metaphor of "**milk**" and "**solid food**" are used in Scripture.

*"In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!"*

Hebrews 5:12

*"Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation,"*

1 Peter 2:2

- ❖ **Underline** what *Hebrews 5:12* means by the metaphor *milk*.
- ❖ **Circle** how we are to "*crave pure spiritual milk*" in *1 Peter 2:2*.

In this lesson, you will learn:

- ❖ The **Source** of the Word
- ❖ The **Purpose** of the Word
- ❖ The **Power** of the Word
- ❖ The **Application** of the Word

## The **Source** of the Word

*"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."*

2 Timothy 3:16-17

- ❖ **Circle** the **source** of Scripture according to *2 Timothy 3:16-17*.  
The Greek word translated God-breathed is used nowhere else in the New Testament. Though the word does not explain **how** Scripture was given to us, it does indicate the **supernatural** and **divine origin** of it!
- ❖ **Circle** how **much** of Scripture is from God.  
This verse teaches that **every** Scripture in the Bible **originates from God!**

 **MEMORIZE!**

► **How is God-Breathed** a good description of the divine origin of Scripture?



2 Peter 1:20-21  
1 Peter 1:10-11

## The *Purpose* of the Word

❖ Read *2 Timothy 3:16-17* on page 18 and write the four ways Scripture is useful to us in the blanks below :

- \_\_\_\_\_ ▶ *instructing us in the truth God*
- \_\_\_\_\_ ▶ *convicting us of the truth of God*
- \_\_\_\_\_ ▶ *restoring us to the truth of God*
- \_\_\_\_\_ ▶ *teaching us how to live the truth of God.*

❖ **Underline** the *result* of these four activities of the Word in our lives.

❖ **Circle** how *many* good works we will be equipped for.

## The *Power* of the Word

*“Take the helmet of salvation and  
the sword of the Spirit,  
which is the word of God.”  
Ephesians 6:17*

❖ **Underline** how the “*word of God*” is described in *Ephesians 6:17*. The “*word of God*” is the only *offensive* weapon listed in *Ephesians 6:10-17* which describes the Armor of God. The Christian who learns how to *wield* it can defeat his *spiritual enemies*. Unfortunately, many Christians, *ignorant of God’s Word*, wield something more like *a pocket knife* than *a sword!*

## The *Application* of the Word

### Memorization

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

*Psalm 119* is the *great anthem* to the *Word of God*, containing exhortations every Christian should *read!*

❖ **Underline** what we should *do* with God’s Word.

The word “*hidden*” means “*to hide or to treasure*”. God’s Word should be hidden in our hearts because it is something *treasured!* The word “*heart*” refers to our “*mind, soul, conscience, emotions, passions, will and desires*”. In other words, *memorizing* the Word is not just an intellectual exercise, but one that includes the *entire person!*

**Memorization** is simple if done in steps.

- Read** the verse 3 times.
- Write** the verse 3 times.
- Recite** the verse from memory 3 times.
- Review** every day regularly for the next 10 days.

▶ **What** pattern can you see in the **four uses** of Scripture?



Psalm 119:105

▶ **Why** do you think the Word of God is described as the sword of the Spirit?



Hebrews 4:12  
Matthew 4:1-11



**MEMORIZE!**

▶ **How** does hiding God’s Word in our hearts keep us from sinning?

## Meditation

*“Blessed is the man who does not walk in the counsel of the wicked  
or stand in the way of sinners  
or sit in the seat of mockers.  
But his delight is in the law of the LORD,  
and on his law he meditates day and night.  
He is like a tree planted by streams of water,  
which yields its fruit in season and whose leaf does not wither.  
Whatever he does prospers.”*

Psalm 1:1-3

- ❖ Circle the *one word* in *Psalm 1* that describes the person who keeps himself from the *wicked, sinners and mockers*.
- ❖ Underline *where* this person finds his “*delight*”?
- ❖ Underline what he *does* with God’s Word.
- ❖ Underline what this person is *compared* to.
- ❖ Circle the *result* of this person’s lifestyle.

**Meditating** on God’s Word involves *deliberately contemplating* a passage *over and over again*, absorbing all the *spiritual nutrients* in it! One way is to:

- Recite** a verse over and over in your mind. Then ...
- Emphasize** a different word each time to absorb the contribution of that word’s meaning to the meaning of the verse as a whole.

## Application

*“Do not merely listen to the Word,  
and so deceive yourselves.  
Do what it says.”*

James 1:22

- ❖ Underline what people who “*merely listen to the Word*” do to themselves.
- ❖ Underline what we should *do* with the Word instead.

Below are **Five Applications** from God’s Word expressed in the acronym **SPACE**.

**When you read, memorize or meditate on God’s Word, see if there are any ...**

**S** *Sins to Confess*  
**P** *Promises to Claim*  
**A** *Attitudes or Actions to Adopt or Avoid*  
**C** *Commands to Obey*  
**E** *Examples to Follow*

We began this lesson thinking about how often we needed to eat to survive. Just as we need *daily nourishment* for a healthy body, even so, we need *a daily intake of God’s Word to ensure a healthy Spiritual life*. Too many Christians only hear God’s Word *once a week* on Sundays. **Make it a habit to read, memorize, meditate and apply God’s Word ... EVERY DAY!**

- ▶ **Why** is the tree a good illustration of someone who delights in God’s Word?
- ▶ If possible, **memorize** this passage and hide it in your heart!

### **MEMORIZE!**

- ▶ **How** do we deceive ourselves if we merely listen to the Word?
- ▶ **What** does this verse tell us we should be doing whenever we learn what the Bible teaches?

- ▶ Without looking at this sheet, **recite** the **5 Principles** from the acronym **SPACE**.



Matthew 12:50  
Luke 6:46  
James 1:22-25