

### 3. How the Bible Says You Should Read the Bible

**Main Theme:** Delight, Meditate, and Obey as essential practices for engaging with Scripture.

#### **Opening Insight:**

This message explores not how to academically study the Bible but how to approach it in a way that leads to true transformation. Jesus' model in Luke 24 and the practices from Psalm 1 encourage believers to find joy, meditate deeply, and respond actively to Scripture.

#### **I. Delight in the Word**

- **Psalm 1:2:**
  - "Blessed is the one... who delights in the law of the Lord." Delighting in God's Word is more than reading out of obligation; it's treasuring His guidance.
  - **Developing Delight:**
    - The word "delight" (Hebrew: *hepes*) implies finding pleasure and drawing joy from Scripture. For many, this delight is cultivated over time through repeated engagement.
    - **Dallas Willard** describes it: "The Psalm 1 man delights in the law because it pleases him."
- **Quotes:**
  - **Eugene Peterson:** "Christians don't simply learn Scripture; we assimilate it, take it into our lives so that it gets metabolized into acts of love."

#### **II. Meditate on the Word**

- **Biblical Meditation (Hebrew: Hagah):**
  - Unlike Eastern meditation, which focuses on emptying the mind, biblical meditation centers on filling the mind with God's truths, mulling over His word until it sinks deep.
  - **The Lion's Growl:** *Hagah* means to meditate or to "growl," as in a lion devouring its prey. This conveys a hunger for God's word.
  - **Psalm 1 & Joshua 1:** Both passages instruct readers to meditate day and night, making meditation foundational for spiritual growth.
- **Quotes:**
  - **Eugene Peterson:** "We're not just reading the Bible; we're eating it."

### III. Obey the Word

- **Putting Faith into Action:**
  - **Psalm 119:99-100** highlights obedience as the means to insight: "I have more insight than all my teachers, for I meditate on your statutes." Knowledge alone is incomplete without action.
  - **Learning through Obedience:**
    - The rabbis taught that one "learns the Torah with their feet," meaning true understanding comes through practice.
    - **Eugene Peterson** emphasizes: "Obedience opens up our lives to the text far more quickly than any number of Bible studies."

### IV. The Bible and Our Spiritual Posture

- **Encountering God:**
  - True engagement with Scripture happens when we come with open hearts, seeking not just knowledge but an encounter with God. Jesus, on the road to Emmaus, illustrates this approach, revealing Scripture's deeper purpose in connecting us to God's presence.
  - **Practices for Engagement:**
    - Approach the Bible with a heart posture of humility and anticipation, allowing it to shape and direct life's path.
- **Takeaway:**
  - **N.T. Wright** encourages a formational approach: "The Bible is part of the means by which God transforms His people and the world." By delighting, meditating, and obeying, believers experience transformation that aligns their hearts with God's character.