

**PURSUING THE TRUTH OF GOD (PURSUIT 3)**

Psalm 1; Matthew 6:16-21

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REVIEW: God pursues us... no matter what it takesBut because of our idolatry and inability... we don't pursue God"Spiritual disciplines" are ways that... God works to grow usMatt 6:16-18: In fasting, we declare our... hunger for GodWe fast by... giving up a normal activity to "feast on" GodPsalm 1: One of the easiest ways to focus on God is to... practice pursuing His truthIn turning to Scripture, we declare our... need for God to renew our mindsWe study Scripture by... concentrating on and applying it

- Ideas: Study a verse, paragraph, chapter, or book of the Bible
- Inductive Bible Study: "Observe it, interpret it, apply it"
- Write thoughts, questions, reflections as you work through the text
- Look at commentaries or study notes
- Take a class (at Trinity Chapel or a seminary/university/etc.)

We meditate on Scripture by... "filling our minds" with God

- Ideas: Find an uninterrupted place of solitude
- Ponder a word, verse, or concept in Scripture
- "Be still and know that I am God"
- Humbly let God "speak" through reflection, imagination, and patience
- Write, pray, act, etc: respond to what God teaches you

Can we study/meditate on God's truth outside of Scripture? YES.

- Ideas: Look at God's beauty and creativity in nature
- See God's image in other people, the church, or the family
- Read devotional writings of others (but remember, they're not God's word!)
- Look for reflections of "the big picture" in daily life, movies, books, songs, etc.
- Realize God's work in the everyday experiences of your life

Matt 6:19-21: Bottom line: as God reveals himself and his truth... He changes us and becomes our treasure

Resources: *Devotional Classics and Celebration of Discipline* (Foster)  
*A Hunger for God* (Piper)  
"How to REALLY Study Your Bible" (TCBC Seminar, Aug 3)

"We must...emphasize that the ingrained habits of thought that are formed *will* conform to the order of the thing being studied. *What* we study determines the kind of habits that are formed, which is why Paul urges us to focus on things that are true, honorable, just, pure, lovely, and gracious." – Richard Foster