

**Getting Fit: Bible
Getting Fit—Part 2
Psalm 119:9-16
April 26, 2020**

Last Sunday's message was "Getting Fit: Discipline"

It takes discipline to be a disciple because spiritual growth is _____, not automatic.

Things we should know about this Psalm 119:

1. The psalm is an _____.
2. Almost every verse contains a direct reference to the _____.
3. God will use this psalm to renew your love for the _____.

Here then are some steps to take in order to saturate ourselves with Scripture:

Step One: Read the _____.

Here are some practical practices to help you read the Word on a regular basis:

- a. Develop the habit of "_____ time" with God.
- b. Use a Bible Reading _____.
- c. Start _____.

Step Two: _____ from the Word.

I'd like us to follow a simple three-step approach to Bible Study as we feast on this passage – observation, interpretation and application:

Step one: Observation: What do I _____?

There are six positive action statements that the psalmist makes – he doesn't just sit back and hope purity comes to him by osmosis:

I _____ (v. 10)

I have _____ (v. 11)

I _____ (v.13)

I _____ (v.14)

I _____ (v.15)

I _____ (v. 16)

There is one strong statement that reveals what the psalmist will not do:

I will not _____ your word (v. 16)

There are only two requests made:

Do not let me _____ from your commands. (v. 10)

_____ me your decrees (v. 12)

Step Two: Interpretation: What does it _____?

1. What I will do:

- a. I will..._____ God with all my heart (10).
- b. I will..._____ God's Word.
- c. I will..._____ all that God says (13).
- d. I will..._____ in following God's Word (14).
- e. I will..._____ on God's Word and His ways (15).
- f. I will..._____ in God's decrees (16).

2. What I won't do:

- a. I will not..._____ God's Word (16).

3. What I need from God:

- a. Keep me from _____.
- b. _____ me from the Scriptures.

Application: What can I seize?

When applying Scripture it's helpful to keep the acrostic S.P.E.C.S. in mind by asking these five questions:

Is there a _____ to confess?

Is there a _____ to claim?

Is there an _____ to follow?

Is there a _____ to obey?

Is there a _____ block to avoid?

Action Steps

1. _____ a Bible that is easy-to-understand.
2. _____ against “familiarity fatigue.”
3. _____ the Word of God.
4. _____ on the Word of God.
5. Is there a _____ that is keeping you from Scripture?
6. Don't _____ to _____.