

## Day 4: Studying a character trait in the bible

Read it: Joshua 1:9, 1 Peter 5:7, Philippians 4:6-7, Psalm 31:1-2

### Think about it:

Using another method of studying the bible, today we will dig into different passages centered around a character trait. The character trait is courage (similar to a study on not fearing, not having anxiety, not being scared). Normally you would start off by doing some type of search to find verses about that topic—you can use a concordance, an online search, find a published study on that topic or just look up verses you know about from experience. Take a look at the 4 sections listed above, which focus on the subject of courage, and go through a similar process to what we experienced yesterday.

- Read each section one time.
- Re-read each section and underline some things that stand out to you. You may also want to write down those main points in a notebook.
- Think carefully about a “key for me”. Again, this is the #1 thing that you feel like God wants you to apply from today’s passages of scripture. When you have today’s key in mind, write it in your notebook or bible and try to remember that key all day long. God really does want to teach you some valuable things from these “keys”.
- Pray about God helping you to apply that key and become more like Jesus

### Act on it:

Meditate on today’s key. Write it, read it, share it—whatever works for you to have it on your mind day and night. The more you can internalize today’s key about courage, the more you will develop courage! God wants to give it to you!



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Week 2  
May 3.  
2009

**Purpose:** To nail down this week’s topic from Bethlehem’s current series, “GPS”.

**How to use it:** Individuals can do it on their own 4 times a week to cultivate this habit of reading and applying the bible. Families: adults are encouraged to do HammerTime on their own & then meet with their whole family to go through it together.

**Example of time:** Read verses (3 min), Discuss/think about (5 min), Pray (2 min)

**For more tools:** check out Bethlehembc.com or BethlehemToolbox.com.



**HAMMERTIME**

**Day 1: Meditate on it!      Read it: Psalm 1: 1-6**

### Think about it:

Do you know how to meditate? Of course you do! Because meditation is simply focusing intently on something, or keeping your attention locked in on one particular thing. Like a teenager with a crush thinks about that special someone all day long. Or when your stomach is growling and you are waiting for Papa John’s to deliver. All you can think about is pepperoni! Or how about when the doctor is concerned and runs a test for cancer—all you can think about is that test result.

It is a given fact that we can get our mind to focus, or meditate, on something important to us. It is a habit God wants us to use as we study the bible. Check out verse 2 in today’s section. God wants us to find a verse, or a section in His Word and keep it on our mind “day and night”. That type of focus will burn those words into our mind and truly affect us.

**Act on it:** Read through all of Psalm 1 today and pick out 1 verse to meditate on today. Write it down and say it out loud a couple times today. Tell others what your verse is today. As you cultivate this habit of meditation, you will see how God’s words truly become more of your “delight” (verse 2). In your life (verse 3) you will see less withering and more prospering!



## Day 2: Our mind...changed by the Word

Read it: Romans 12:1-2

### Think about it:

The words of God, as written in the bible, can change the way our minds think. We see this amazing process described in Romans 12:1-2. As you read those verses, think about all the influences in your day that are trying to change your mind. Things like the media (tv, music, computer), other people, pressures of life, companies that want you to buy their products, etc. God wants to lead us through life (think again about a GPS system) but if we allow our minds to conform (verse 2) to the pattern of this world, we will not experience His best for us.

Like it says in verse 2, God desires for us to know His will—because His will is good, it pleases Him and it is perfect. As we read and apply the bible, God will mold and shape us so we are better able to discern His will. It is a learned habit—one that starts with a choice. Like it says in verse 1, we must offer our bodies to God (that is a daily choice) and have a willingness to have Him renew our minds (that is a daily renewal). Repeated exposure to the bible will help us renew our minds, will cause us to be transformed and will empower us to receive that vital direction from God.

### Act on it:

Just like yesterday, pick a portion from today's scripture to meditate on. Write it, read it, share it—whatever works for you to have it on your mind day and night.



## Day 3: Studying a book of the bible

Read it: Ephesians 4:25-32

### Think about it:

For the next 2 days we are taking some passages of scripture and digging into them to start working on how to study the bible. Today's emphasis is on a way to study through one book of the bible at a time, section by section. If you are just starting to study your bible, you might want to try a book like one of the gospels (Luke, John, etc.), Philippians, Timothy, James, Nehemiah or Genesis. For today's example we will study a section from Ephesians. Try this process and see how it goes!

- Read the section: Ephesians 4:25-32
- Re-read the section and underline some things that stand out to you. You may also want to write down those main points in a notebook. A notebook or journal can be a helpful resource for keeping track of the things that stand out to you in a passage.
- Think carefully about a "key for me". This is the #1 thing that you feel like God wants you to apply from that passage of scripture. When you have one in mind, write it in your notebook or bible and try to remember that key all day long. God will teach you some valuable things from many of these "keys".
- Pray about God helping you to apply that key and become more like Jesus

**Act on it:** Meditate on that key, tell someone about it & most of all look for opportunities to live out that principle today. Because ultimately what God wants from our time in the bible is application and life change!