



SERIES: JANUARY – BECOMING SPIRITUALLY FIT

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Friday, 01/07/2022

Scripture: Psalm 1:2

TITLE: How to Read the Bible

I love buying furniture from Ikea. Well, love is probably a strong word, but I know when I do it will be a positive experience. You see, I've purchased furniture from Kmart, Walmart, Target, and other big box stores. But no company except Ikea makes the instructions so easy that even a caveman could do it.

Can I say that? Or is that trademarked? Well, just don't tell anyone.

The instructions are clear.

If most of us are honest, we wish the Bible was that clear. We wish we knew how to read it. Because it's not an Ikea instruction manual. It's a rich book of history with many forms of literature inside it. So this begs the question, how should we read the Bible? Or maybe you're wondering "should we read the Bible?"

Paul said in 2 Timothy 3 that the Bible is "God-breathed." It is the Word of God? Is all of it? Yes. What about Genesis. Absolutely. What about Revelation? Of course. How about Numbers. Yes, it is. What about Song of Solomon? Even that! Yes.

So the first way to read the Bible is with belief. It begins with believing it's God's Word.

Psalm 1:2 says, "Instead, his delight is in the LORD's instruction, and he meditates on it day and night."

David wrote Psalm 1. He says when we meditate on God's Word daily. And when we do, we are to delight in it. Meditate has the idea of studying and absorbing. Many of us read a verse or a passage as a check in the box for the day. Others look for that piece of inspiration. But it is meant to be reflected on. It's meant to be wrestled with. It's meant to be applied.

So, we are called to meditate on it. But not just think about, like a piece of poetry or song. It is instruction. It is practical. It is relevant. It serves a purpose to bring salvation to the lost and transformation for the called. When we read the Bible, we are to be expectant. We are to expect instruction and transformation.

But don't miss an often-neglected piece of reading the Bible. Bible engagement is about enjoyment. With each bite, it is to be like a good piece of steak or dessert. We are to allow it to be thoroughly experienced and benefited from in each piece. It is an enjoyable endeavor, not a burden or chore. And David said it is to be done day and night. It is to be like breathing or eating. It is to be natural and a habit.

How should we read the Bible? We are to read it with belief, joy, expectancy, and regularity.

So here's my challenge for you today: Focus on one of these elements of engagement. Where is it you struggle? Is it the regularity? Is it the expectancy of transformation? Is it the believing it's true? Is it with enjoying each moment?

Admit it to God. Share it in the comments below. And then ask God for help to improve this area.

Reading God's Word is essential to pursue spiritual fitness. And God wants to be an enjoyable habit and not a chore.

When we take this approach, we will win the day.