

# I'M A CHRISTIAN, NOW WHAT?

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# STEPS TO GROWTH



# Week 2: Spiritual Nutrition

How to Read the Bible for Yourself



You've made it through the first week of your new life, and I hope it was a good one! Now we must move on. Just like a new baby being born into this world must immediately have milk in order to live...you need spiritual food to grow as a Christian. It's not optional! *You must have it!* For the next 3 weeks, this book will help to *spoon feed* you, but after that you must be able to fend for yourself. This chapter will show you the importance of time spent with God and *how* to go about it!

## DAY 1

\_\_\_\_\_  
(Date)

Your time with God is SO important. Unfortunately, many Christians soon forget this, and they begin to die slowly—much like someone who stops eating.

Locate the following verses, and record below the things they say that the Bible will do for you when you read it:

Psalms 119:105 \_\_\_\_\_

Psalms 119:9 & John 15:3 \_\_\_\_\_

Proverbs 3:5-6 \_\_\_\_\_

Proverbs 1:7 \_\_\_\_\_

Psalms 1:1-4 \_\_\_\_\_

Let's look at some more interesting facts about the Bible:

What weapon is the Bible compared to in Hebrews 4:12?

\_\_\_\_\_

## DAY 2

\_\_\_\_\_  
(Date)

What is it compared to in Psalm 119:105?

\_\_\_\_\_

What's the purpose of the lamp?

\_\_\_\_\_

Why should you study God's Word? (see 2 Timothy 2:15)

\_\_\_\_\_

Is just reading the Bible *enough*? (see James 1:22-25)

If not, what else should you do? \_\_\_\_\_

It's also a great idea to begin to memorize some verses that *mean something* to you. Then, when you need them, God will bring them back to memory. (We are told that in Psalm 119:11.)

**DAY 3**

(Date) \_\_\_\_\_

Read the following verses and list *reasons* for spending time in God’s Word everyday:

1 Peter 2:2 \_\_\_\_\_  
John 15:7 \_\_\_\_\_

List some more reasons for you to read God’s Word:

John 16:33 \_\_\_\_\_  
Luke 11:28 \_\_\_\_\_  
1 Peter 3:15 \_\_\_\_\_  
Joshua 1:8 \_\_\_\_\_  
Psalm 119:97 & 100 \_\_\_\_\_

**DAY 4**

(Date) \_\_\_\_\_

The rest of the week will be spent studying the Bible for ourselves. There are several different methods and shortcuts to use. I am going to list a few suggestions you may try.

Described below is the **STUDY** method. Using Romans 8:35-39, search for or do the following:

**DAY 5**

(Date) \_\_\_\_\_

**S** - summarize - *What is this passage saying to you?*

\_\_\_\_\_

**T** - title - *Give the passage a title based on its theme*

\_\_\_\_\_

**U** - uplifts - *List any promises you found*

\_\_\_\_\_

**D** - difficulties - *Write any questions you have*

\_\_\_\_\_

**Y** - your verse - *Pick a KEY verse and write it below*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Listed below is the **SMAC** method. Using 1 John 4:7-8, answer the questions:

**S** - What does it *say*?

\_\_\_\_\_

**M** - What does it *mean* to you?

\_\_\_\_\_

**A** - How can you *apply* what you learned to your life?

\_\_\_\_\_

**C** - What do you need to *change*?

\_\_\_\_\_

Next, try the **SPECS** method using Psalm 37:1-7.

**S** - *Summarize* the passage.

\_\_\_\_\_

**P** - *Promises* you can claim.

\_\_\_\_\_

**E** - *Examples* to follow.

\_\_\_\_\_

**DAY 6**

C - *Commands* to obey. (What is God telling you to do?)

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(Date)

S - *Sins* to Confess.

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I hope you've seen how important spending time in God's Word is to you as a Christian. It's a MUST! A lot of churches have devotional sheets that they distribute weekly to help you. Use them! If they aren't available, start in Romans. Take 5-10 verses each day, and use one of the methods I've described. What's important is that you do it *everyday*.

**DAY 7**

(Date)

While you may miss a day here and there, you *must not quit!* Just pick up where you left off and keep going! Some students have said, "*No Bible - No Bed*" or "*No Bible - No Breakfast!*". Use whatever it takes. Just *make* it a consistent habit, like brushing your teeth. Here's some hints to help you:

1. Find a consistent time to study everyday (like before bed, in the afternoon, or whenever).
2. Find a quiet place without distractions, so you can think more clearly.
3. Begin with prayer and ask God to help you.
4. Follow through with the method you choose.
5. Think about what you read and memorize a verse or so each week.