

BEN WASHINGTON BAPTIST CHURCH

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## **BIBLE STUDY**

# **Are you Disciplined to be Spiritual? The Discipline of Bible Study and Meditation – Part 3**

Dr. Michael Oyedokun II, Pastor



# SPIRITUAL DISCIPLINES

## BIBLE STUDY SERIES SCHEDULE

**Week #1 – February 4, 2026**

“The Purpose of Spiritual Disciplines”

**Week #2 – February 11, 2026**

“The Discipline of Bible Intake”

**Week #3 – February 18, 2026**

“The Discipline of Bible Study & Meditation”

**Week #4 – February 25, 2026**

“The Discipline of Prayer”

**Week #5 – March 4, 2026**

“The Discipline of Fasting”

**Week #6 – March 11, 2026**

“The Discipline of Worship”

**Week #7 – March 18, 2026**

“The Discipline of Fellowship & Accountability”

**Week #8 – March 25, 2026**

“The Discipline of Service & Stewardship”

# SPIRITUAL DISCIPLINES

The purpose of **spiritual disciplines** is to intentionally cultivate spiritual growth, transform one's inner self, and deepen a relationship with God (or a higher power) by developing habits like prayer, scripture study, and fasting. They are not the goal itself but rather spiritual "exercises" or training tools, much like athletic training, that build spiritual strength, foster reliance on God, and help align one's life with divine will, leading to greater likeness to Christ and spiritual maturity.

# **SPIRITUAL DISCIPLINES**

## **The Discipline of Bible Study: Learning God's Truth**

### **Definition of Bible Study**

**Bible study is the intentional investigation of Scripture to understand God's truth.**

# SPIRITUAL DISCIPLINES

## Purpose of Bible Study

- To know God
- To understand His will
  - To grow spiritually
  - To equip for service

# SPIRITUAL DISCIPLINES

**Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.**

2 Timothy 2:15 (KJV)

# SPIRITUAL DISCIPLINES

## Why Bible Study is Essential

1. **It reveals God's character.** Scripture: Exodus 34:6–7
2. **It provides spiritual nourishment.** Scripture: 1 Peter 2:2
3. **It protects from deception.** Scripture: Acts 17:11
4. **It produces spiritual growth.** Scripture: Hebrews 5:12–14

# SPIRITUAL DISCIPLINES

## God's Character

### Exodus 34:6-7

And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth, Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.

# SPIRITUAL DISCIPLINES

## Spiritual Nourishment

### 1 Peter 2:2

As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

# SPIRITUAL DISCIPLINES

## Protection from Deception

### Acts 17:11

These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.

# SPIRITUAL DISCIPLINES

## Spiritual Growth

### Hebrews 5:12-14

For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat. For every one that useth milk is unskilful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

# SPIRITUAL DISCIPLINES

## How to Study the Bible Effectively

### The OIA Method

1. Observation
2. Interpretation
3. Application

# SPIRITUAL DISCIPLINES

## Observation — What does the text say?

Ask:

- Who is speaking?
- Who is the audience?
- What is happening?
- When and where?

*Scripture: Nehemiah 8:8*

# SPIRITUAL DISCIPLINES

## Interpretation — What does the text mean?

Ask:

- What is the main message?
- What is God revealing?
- What truth is being taught?

*Scripture: Luke 24:27*

# SPIRITUAL DISCIPLINES

**Application — How does it apply to my life?**

Ask:

- What should I change?
- What should I obey?
- What should I believe?

*Scripture: James 1:22*

# SPIRITUAL DISCIPLINES

## **The Discipline of Meditation: Internalizing God's Truth**

# SPIRITUAL DISCIPLINES

## Definition of Biblical Meditation

**Biblical meditation is the intentional focus on God's Word to internalize its truth and apply it to life.**

Biblical meditation is not emptying the mind but filling it with God's Word.

# SPIRITUAL DISCIPLINES

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalm 1:1-13

# SPIRITUAL DISCIPLINES

## Why Meditation is Essential

- 1. Meditation produces spiritual success (Joshua 1:8)**
- 2. Meditation strengthens spiritual stability (Psalm 1:3)**
- 3. Meditation transforms the mind (Romans 12:2)**
- 4. Meditation deepens relationship with God (Psalm 119:15–16)**

# SPIRITUAL DISCIPLINES

**What Happens When We Meditate on God's Word.**

Meditation moves Scripture from:

**Head → Heart → Life**

Scripture: Psalm 119:11 - "Thy word have I hidden in my heart..."

# SPIRITUAL DISCIPLINES

## Practical Steps to Meditate on Scripture.

**Step 1:** Read the Scripture slowly. (Psalm 46:10)

**Step 2:** Repeat the Scripture. (Psalm 119:97)

**Step 3:** Reflect on the meaning. Ask: What is God saying? and What is God teaching me?

**Step 4:** Personalize the Scripture. *Example:* "The Lord is my shepherd..." (Psalm 23:1)

**Step 5:** Pray the Scripture. Turn the verse into prayer.

# SPIRITUAL DISCIPLINES

## Barriers to Effective Bible Study and Meditation

- Lack of time
- Distractions
- Spiritual laziness
- Lack of understanding
- Inconsistent habits

*Scripture: Matthew 13:22*

# SPIRITUAL DISCIPLINES

## How to Develop Consistency

- A. Set a specific time (Psalm 5:3)
- B. Choose a specific place (Mark 1:35)
- C. Follow a plan (Psalm 119:18)
- D. Be consistent

# SPIRITUAL DISCIPLINES

Questions?