

Day 1 - Hearing God's Word

In *Spiritual Disciplines for the Christian Life*, Whitney rightly claims, "No Spiritual Discipline is more important than the intake of God's Word. Nothing can substitute for it. There simply is no healthy Christian life apart from a diet of the milk and meat of Scripture." This discipline is most important and, at the same time, is quite broad. This week, we will be focusing on a few of the ways that we can discipline ourselves to take in God's Word.

Perhaps the easiest thing we can do related to the intake of God's Word is hear it.

Read *Romans 10:14-17*.

According to verse 17, why do we need to hear God's Word? (*because faith comes through hearing*)

Read *1 Timothy 4:13*.

These Scriptures clearly show that it is vital to Paul and to God, who inspired the words, that the people of God regularly hear the Word of God. It is hearing that produces faith - for the new believer as well as the seasoned disciple. There are many ways that we can hear God's Word regularly.

What are some ways that you can make hearing God's Word a discipline in your life?
(*faithful attendance as the Word is preached weekly, Bible listening apps like Dwell, etc.*)

Knowing the importance of hearing God's Word, we must also consider the importance of preparing ourselves to hear God's Word. I believe this begins with a proper belief and understanding of the Bible as God's Word. This may be something we take for granted most of the time, but we shouldn't.

The Disciples understood the importance of Jesus' words and Jesus himself when Peter spoke for them, saying, "Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God" (Jn 6:68). The church in Thessalonica understood as well (1 Thess 2:13). We too must come to understand the importance of God and his words given to us in the Bible. When we properly understand that these are the very words of God, we go from passively listening to disciplined hearing.

What are some ways that you can prepare yourself to hear God's Word?
(*pray for understanding; remind yourself of who God is, that these are his very words given to us, etc.*)

Read at least one full chapter of Scripture as a family. (Read Colossians 1 in preparation for Sunday if you don't know what to read.) Hear the Word of the Lord.

Close your time of family worship in a time of prayer, praising God for his Word.