

Basic Training!

FAST Basic Training #2 - The Morning Watch

Memo:

Hi! The Editor again. Welcome back to another exciting study! This lesson looks at one of the most important topics in the whole program. So spend adequate time in prayer as you work through the questions. This information lies at the heart of what it means to follow Christ!



Christians are often told they should study the Bible daily, and it is true. But how many have ever had someone sit down and show them *how* to study the Bible in such a way that they can get something out of it? How many are taught *how* to meditate on Scripture—or *how* to apply it to their life. What you'll find in this booklet is just that kind of information!

Many people want a deep, meaningful time of Bible study each morning, but they don't know how. Study this booklet carefully, and you will discover keys to making your time with God come alive. It will take some effort—but stick with it. Do your best. And remember, God is waiting to meet with you.

**The Editor,
Hid in Christ**

Bible Secrets to Living for Christ

Objectives Week 2

Name: _____ Initialed by: _____

Date: _____

- ☐ Complete the Bible Search entitled **The Morning Watch**. Spending regular time in God's Word each day will provide a constant source of fresh verses to hide in your heart. As you study, remember to ask God for special insights.
- ☐ Your memory verses this week are: **Psalms 143:8** and **I Timothy 4:15**. Make sure you memorize both of these word-perfect and then review them along with the verse you learned last week—at least once each day. We will discuss the importance of daily review in a later booklet.
- ☐ Read the **Practical Suggestions** for how to study the Bible. Make sure you understand how to meditate on Scripture, and how to apply it to your life. Can you tell the difference between a principle and a project? Establishing a consistent Morning Watch time is foundational to discipleship.
- ☐ Review the **Disciple's Wheel** illustration from last week until you know it well. Try to get to where you are able to reproduce it perfectly from memory. Hint: why not draw the illustration on a verse card and slip it in your verse pack? Review it briefly each day right along with your verses. Soon it will be fixed firmly in your memory.

*You begin to see the invisible
When you spend time in God's Word*

The Morning Watch

Bible Search 2

Seek ye out of the book of the Lord, and read: no one of these shall fail. Isaiah 34:16

1. How does the Psalmist describe the longing we should have for God in each of the following verses?

Psalms 42:1-2

Psalms 63:1

Psalms 84:2

2. What is one critical way we can satisfy this longing for a knowledge of God?

Deuteronomy 17:19

Acts 17:11

Note: Nothing can satisfy the human heart like beholding Christ daily through personal study of the Scriptures.

3. When is the best time to meet with God for personal Bible study? Proverbs 8:17

Note: God promises special blessings to those who seek Him early: namely, that they will find Him!

4. What must be combined with study in order to make the Scriptures profitable?

Joshua 1:8

Psalms 1:2-3

I Timothy 4:15

5. What is the ultimate purpose of meditation?

Psalms 119:59-60

I Thessalonians 4:1

Note: When it comes to being a follower of Jesus Christ, the personal application of God's Word is where the rubber hits the road.

6. What should we do with special insights God gives us through the Word? Deuteronomy 6:6

What do we risk if we don't? James 1:22-25

What will be the result if we do? Psalms 40:8

7. What will ultimately happen as we learn to study our Bible effectively, day by day? II Corinthians 3:18
8. How willing are you to commit right now to establishing a regular time of personal Bible study each morning? Why not write out your answer as a brief prayer to God?

How to Study the Bible Practical Suggestions

There is probably nothing more important to a disciple of Jesus Christ than spending time alone with Him at the beginning of each day, through the Word. To truly follow Christ we must invest time searching the Scriptures, seeking personal insights into life, and listening for the Master to speak to our heart. Genuine, consistent fellowship with the Savior lies at the heart of Christian discipleship. We call this time the *Morning Watch*.

We suggest getting a special loose leaf notebook just for your Morning Watch. Get it stocked with paper and have a pencil or pen and a Bible nearby. Keep your notebook organized so you will not waste time trying to figure out where things are. It is also helpful to have a plan. The paragraphs below suggest a few simple keys to studying the Bible effectively and making the most of your time with God.

A Daily Study Plan

- *Prepare.* Before beginning your study of the Word, spend some time in prayer, asking God to teach you through His Spirit. Only the Holy Spirit can make the Word come alive. See John 14:26, John 16:13. As you pray, present specific needs, problems, questions, plans, etc., to the Lord, and ask Him to speak to you about those areas.
- *Paraphrase.* Take out a blank sheet of paper and jot down the date and passage you will be studying. Cover only as much as you have time to digest thoroughly—even if it is only 6-8 verses. Read the passage through a couple times until you begin to grasp what the writer is saying. Then, write a brief paraphrase of the passage in your own words. It is often best to read through one book of the Bible at a time, picking up each morning where you left off the day before. We recommend starting with short practical books first, such as James or I Thessalonians.

The Morning Watch Bike

- *Principles.* Next, spend some time meditating on the passage. Look for principles—moral precepts that operate in all situations. Often the easiest way to find a principle is to ask yourself questions: Is there some sin to avoid? Is there a good character quality to develop? Is some cause-effect relationship revealed in the passage? Is there an expression of God's will? A promise? A wrong activity to forsake? etc. With a little practice you will soon find yourself able to almost instinctively ask just the right questions. Principles will seem to burst off the page. As soon as you see one clearly, jot it down on your paper.
- *Projects.* Finding a principle is only half the battle. You must then go on to apply it to your personal life. This means transforming that principle into a project by answering more questions, such as: *Who? What? When? Where?* and *How?* What exactly does that verse suggest you should do? As the Holy Spirit brings certain projects to mind, jot them down, checking to make sure they PASS (*personal, achievable, specific, and Scriptural*). Then, commit to carrying out your application promptly. Continue finding principles and projects as long as you have time to study.

Scripture Memory Tip: As you read through different books of the Bible, you will discover many verses you will want to memorize. Jot these references down on a piece of paper and keep the list in your Morning Watch notebook. Soon you will have dozens of choice verses you can look forward to memorizing!

The Importance of Commitment

The most important key to keeping the Morning Watch is commitment—for without it, there can be no consistency. The Morning Watch must become a *daily* part of our life, even if it is only for a few moments each morning. The goal is to build a habit strong enough to last the rest of your life. So be determined. Don't give up. Make whatever adjustments to your schedule are needed to get quality time with the Master—*every day!*