



Encouragers of Young Women

Lesson 07

Nurturing Ourselves Spiritually

by Arlene Still

*But you, beloved, **building yourselves up**
on your most holy faith, praying in the Holy Spirit,
²¹ keep yourselves in the love of God, waiting anxiously
for the mercy of our Lord Jesus Christ to eternal life.*

Jude 20-21

Introduction

“The Christian life is lived out by men of flesh and blood. Just as nourishment is required for the continuance of physical life, so it is needed for the development of spiritual life.”

Harold Lindsell and Charles J. Woodbridge

Nurturing – something that nourishes
– to help one grow or develop

Food is the nourishment we need for the physical life.

The Word of God is the nourishment we need for spiritual life.

Spiritually nurturing ourselves with the Bible

What you do with the Bible (reading / meditation / memorization) tells you about your relationship with God.

Catechism #5

Q: What are the Holy Scriptures?

A: The Holy Scriptures are the inerrant Word of God, the Old and New Testaments, the only rule of my faith and obedience, the only rule to direct me how I may glorify God and enjoy Him forever.

- Romans 10:17 – *So faith comes by hearing and hearing by the word of Christ.*
- Romans 1:16 – *For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes . . .*
- 1. Hebrews 12:2 – *Fixing our eyes on Jesus, the author and perfecter of faith . . .*

Reveals the source of our _____ and

2. Hebrews 4:12 – *For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.*

Brings _____

3. Psalm 119:11 – *Your word I have treasured in my heart, that I may not sin against You.*

Makes possible a _____

4. Psalm 119:105 – *Your word is a lamp to my feet and a light to my path.*

Provides _____ and _____

5. II Timothy 3:16-17 – *All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.*

We may be _____ and _____ for every good work.

What method should we use in studying the Bible?

Systematically reading through the entire Bible

Book of the Bible

Passage / verse / phrase

Topical – Heaven, angels

Biographical – Moses, Paul

Media – Internet, radio, mp3

Catechism

- Mouth to ear
- Teaching the basics of theology through the oral exchange of questions and answers
- Bible theology as a skeleton
 - 66 books
 - 1,189 chapters
 - 31,102 verses

Spiritually nurturing by meditation / memorization of the Word of God

Delighting in God's Word is fundamental to fruitful meditation.

- Going from the head to the heart
- Mouthing to yourself the Word
- Mental conversation

Psalm 1:2-3 – But his delight is in the law of the LORD, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does he prospers.

Joshua 1:8 – This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Psalm 119:15 – I will meditate on Your precepts and regard Your ways.

- Does not mean we think of the Bible only
- It means we think of everything in the context of the Bible

Meditation, with the guidance of the Holy Spirit, results in seeing things in a biblical way (illumination).

Proper attitudes for Bible study

“Believers should open the Bible with a spirit of awe and expectancy. They are handling the Word of God; not just an ordinary book, but one which reveals the mind of the Lord.”

Lindsell and Woodbridge

Psalm 42:1 – *As the deer pants for the water brooks, so my soul pants for You, O God.*

Psalm 34:8 – *O taste and see that the LORD is good . . .*

1. We can expect God has something important to say.
2. Respect God’s Word.
3. Believe what it says.
4. Do what it says.
5. Teach what it says.



The Bible is true,
but is the Bible
true in me?

Spiritually nurturing through prayer

Prayer is our communion with God and is especially beneficial after God communicates to us through His Word.

Prayer is the holy skill of talking to God.

- James 5:16 – . . . *The effective prayer of a righteous man **can accomplish much.***
- Philippians 4:6-7 – *Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God, and the **peace of God**, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.*
- 1 Peter 3:12 – *For the eyes of the LORD are toward the righteous, and His ears **attend to their prayer.***
- 1 Timothy 5:5 – . . . *a widow indeed . . . has fixed her hope on God and continues in entreaties and prayers **night and day.***
- 1 Thessalonians 5:17 – *Pray **without ceasing.***
- Matthew 6:9-13 – *Pray, then, **in this way** . . .*

Spiritually nurturing must be planned

Christ’s Example

Isaiah 50:4-5 – The Lord GOD has given Me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens Me morning by morning, He awakens My ear to listen as a disciple. The Lord GOD has opened My ear; and I was not disobedient nor did I turn back.

Our example in these areas (Bible study / Prayer) inspires young woman to want our encouragement. They are looking for ‘godly’ older women to help them.

Other Examples:

This generation is looking for women who are Real!

What kind of woman would you go to for counseling?

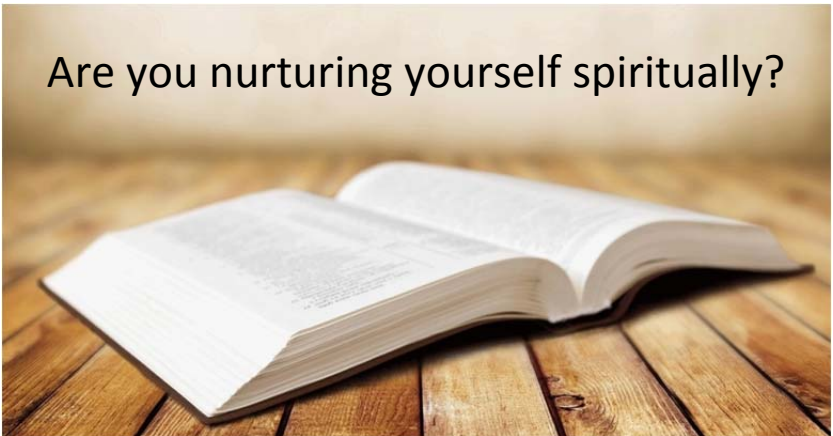
-
-
-
-
-
-
-

Jude 17-21 – *But you, beloved, ought to remember the words that were spoken beforehand by the apostles of our Lord Jesus Christ, that they were saying to you, “In the last time there will be mockers, following their own ungodly lusts.” These are the ones who cause divisions, worldly-minded, devoid of the Spirit. But you, beloved, **building yourselves up** on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, waiting anxiously for the mercy of our Lord Jesus Christ to eternal life.*

“Are you these days building up yourselves? Have you read a book of the Bible through recently? Have you done any memorization of the Scriptures? Have you sought to know God? . . . Have you a Bible, and do you study it?”

A. W. Tozer

Are you nurturing yourself spiritually?



Produced and distributed by: Mount Calvary Baptist Church, ©2017
Scripture taken from the NEW AMERICAN STANDARD BIBLE®, Copyright, ©1960,1962, 1963,1968,1971,1972,1973,1975,1977,1995 by the Lockman Foundation. Used by permission.