

RI.C10. Spiritual Habits – Studying the Bible (Part 2)

1 Timothy 3:16-17, Romans 15:4, Acts 2:36-37, Hebrews 12:11

Learning Objectives

1. The children will be able to explain the importance of regular Bible study and reading.
2. The children will examine how to apply to their lives what they study in the Bible.

Memory Verse: *“By using Scripture, a man of God can be completely prepared to do every good thing.” --2 Timothy 3:17 (NIRV)*

Getting Started

“Follow the Instructions”:

See: www.teensundayschool.com → activities → “Follow the Instructions”

You will need a large box of Lego® toys, a 100 piece jigsaw puzzle, masking tape and OR deck of cards.

(NOTE: You may need extra volunteers for this activity. Modify as necessary.)

Break up into small groups of about four or five. (OR just have one smaller group, depending on your class circumstances.) Give each team one task with a set of instructions. Let the students know that they have a task to complete, and only a certain amount of time to do so. The last team finished must clean up the mess. Please see the above website for detailed instructions and a guide to the discussion.

Bible Lesson with Discussion Questions and Activities

Message: *Take time each day to learn from the words that were inspired by God.*

Follow up from last week’s lesson: Studying the Bible (Part 1). Ask the following questions:

- So, how many of you tried some Bible reading this past week?
- How did it go?
- Which of the methods we talked about last week did you try?
- Which ones worked the best?
- Which ones were the hardest?
- If you struggled to read your Bible again this past week, what made it difficult? Honestly, what was hindering you from doing it like you wanted to?

Tell the children that today we want to go one step deeper into studying the Bible. Our goal is to help you develop this spiritual habit of reading your Bible for the rest of your life.

NOTE: Look up and read together each of the following Bible verses in today’s lesson.

1 Timothy 3:16-17

¹⁶ God has breathed life into all of Scripture. It is useful for teaching us what is true. It is useful for correcting our mistakes. It is useful for making our lives whole again. It is useful for training us to do what is right. ¹⁷ By using Scripture, a man of God can be completely prepared to do every good thing.

Bible Lesson with Discussion Questions and Activities – Continued

Tell the children: “These verses give evidence that the Bible is the inspired word of God. They also tell us that the Scriptures are useful for our lives. Did you ever think about that? The Bible is not a collection of stories that are pointless. The verses we read don’t just apply to when they were written—they have meaning for us today too.

Discussion Questions:

1. According to these verses, what are the Scriptures good for? (*Teaching, correcting, and training us do what is right – i.e. in “righteousness”.*)
2. What is the ultimate goal of this training, according to verse 17? (*That we would be equipped to do good works or “every good thing”.*)

Reading the Bible can make a difference in your life. We don’t read the Bible just because God said to, or just because our minister or youth leaders thinks we should, or so we can check it off our list and feel like a better person. The Bible is meant to change us. The Bible is also useful for: teaching us, improving us, correcting us, and instructing us. “Let’s take a closer look.”

TEACHING

The Bible is a great resource for teaching us things. However, there are limits on what it can teach us. If you want to know how many calories are in a cheeseburger or how far it is from China to England, the Bible doesn’t have much to say. There is much teaching on many other subjects however, that help us.

Romans 15:4

⁴ Everything that was written in the past was written to teach us. The Scriptures give us strength to go on. They cheer us up and give us hope.

The Scriptures were written for this very purpose: to instruct us and to give us hope.

Discussion Question:

1. Can you think of a time when you were reading the Bible and you learned something new? What was it?

IMPROVING

The Scriptures aren’t written to offend us and make us angry, but to wake us up and cause us to make improvements in our lives. The Bible is not like another self-help book, but when we come face to face with the words that were inspired by God, and take them to heart, we should be changed for the better.

Discussion Questions: (*Discuss together. Answers will vary.*)

1. Can you think of a time when you read the Bible and felt like you changed for the better?
2. Did the outcome of this experience with the verse(s) you read in your Bible bring an improvement of some kind in your life?

CORRECTING

When we study the Bible and understand what it is saying, we may need to make corrections in our lives. The words that have been inspired by God are not so plentiful that we should take them for granted. When we come into contact with God’s instructions, we should be ready to be corrected and make ourselves better.

Bible Lesson with Discussion Questions and Activities – Continued

Acts 2:36-37

³⁶ "So be sure of this, all you people of Israel. You nailed Jesus to the cross. But God has made him both Lord and Christ." ³⁷ When the people heard this, their hearts were filled with shame. They said to Peter and the other apostles, "Brothers, what should we do?"

This passage precedes the more popular Acts 2:38, where Peter instructs the people to be baptized. In these verses, though, we see correction first-hand.

Discussion Questions:

1. What are the words of God, through His servant Peter, in verse 36? (*That Jesus is the Christ.*)
2. How did this affect the people in verse 37? (*Their hearts were filled with shame.*)
3. What did the people ask upon realizing their mistakes? (*"What should we do?"*)

When we read the Bible, what we should really ask each time we're finished is "what shall we do?"

INSTRUCTING

The last way 2 Timothy 3:16 says that the Bible is helpful is because of the training (or instructing) it offers—specifically teaching us what it means to be righteous.

Ask the children: "If you want to solve math problems, what do you study about? (*Math*) If you want to be an engineer, what kind of school do you go to? (*A good engineering college*) If you want to be great at a musical instrument, who do you learn from? (*You train under a master musician*) In the same way, if you want to know how to live a life that is pleasing to God, you need to study the Bible. Most of all, you should study the life of Jesus, the one true example of how we should live."

The word "training" can also be translated as "discipline." No one pleases God in everything that He does. In order to change, it takes training, discipline, and hard work.

Hebrews 12:11

¹¹ No training seems pleasant at the time. In fact, it seems painful. But later on it produces a harvest of godliness and peace. It does that for those who have been trained by it.

Discipline and training may not be fun at the time, but later we can reap a great reward. It is worth our time and effort to read our Bible if it helps us to draw closer in our relationship with God.

Application to Real Life

We learned today that the Bible is good for everything in our lives: teaching, improving, correcting, and instructing. But how do we actually apply what we read in our Bibles to our lives? "What should we do?" (As we just read about in Acts.) Challenge your children this week to read their Bibles and as they read them, ask themselves each time, "What should I do?" Maybe they read a Proverb every day last week. At the end of that exercise this week, remind them to ask themselves, "What do I need to do about what I just read?" Maybe they wrote some verses down and put them on their mirror. Maybe they read them when they were getting ready for school. For this week, encourage your children to ask themselves: "How can I put this into practice TODAY?" when they are done reading their verse(s).

Application to Real Life – Continued

PRACTICE TOGETHER: (*Do this with your students so they can practice.*)

Find a passage from the Bible that you think your children would benefit from hearing. Maybe your group has struggled to be one unified group, or maybe they are struggling with something in particular like peer pressure or gossip. Look up a verse that would be helpful to them and give them time to read it on their own. (*If time permits, let your students find their own quiet place to complete this activity.*)

Ask them to read the passage 2-3 times and then, when they're done, to write down in their journals or on a piece of paper their answer to the question, "What should I do?" Give them a few minutes to do this on their own before you pull everyone back together. Then ask each student to share their response to the following questions:

- What did you come up with for something you should do after reading this passage?
- Was it hard to identify a take-away message like that? Why/why not?
- How do you see this as being difficult with other passages?
- How easily could you make the practice of asking, "What should I do?" a Spiritual Habit in your life?

Remind the children that everything we read in our Bibles is helpful for one of those things 4 things: teaching, improving, correcting, or instructing. If the answer to the "What should I do?" question is not obvious, it may just be because you don't understand that verse fully. Take your time, read it again and again. These insights don't always come instantly. Ask advice from someone else you trust. If you are reading the New King James version, try the New International Readers Version of the Bible, or a children's Bible, if possible. When you pray, ask God to open your eyes and your heart so that you can learn from the verses you read.

Memory Work Suggestions

5 minutes

1. Recite the memory verse.
2. Practice finding the memory verse and/or Bible text in their Bible!
3. Play a game to review an article of faith (toss the bean bag/stuffed animal, the person who catches it says the next word...try to go faster and faster).
4. Allow a volunteer (child) to lead the class in an opening/closing prayer.

Journal Reflection Questions

See the "practice together" exercise above in the "Application to Real Life" section. This could be your Journal entry for the day. Use www.biblegateway.com for help in finding a verse.

Teachers will need to provide the students with a Bible Verse to use (see Application to Real Life Section for complete instructions).

Students: read the passage 2-3 times and then write down in your journal the answers to the following questions:

- What is the Bible passage telling you to do? (What is the "take away" message?)
- Was it hard to identify a take-away message like that? Why or why not?
- Do you think this would be difficult to do after reading other verses in your Bible? Why or why not?
- Will you make this practice a Spiritual Habit in your life, by asking "What should I do?" after spending time reading your Bible? Why or why not?

Homework Ideas

- Read the lesson titled: **Spiritual Habits ~ Prayer** as well as Matthew 6:5-13, Acts 1:14 & 2:42, 1 Thessalonians 5:17, Mark 1:35, Mark 6:46, and Matthew 6:6.
- Learn the memory verse:
“The believers studied what the apostles taught. They shared life together. They broke bread and ate together. And they prayed.” --Acts 2:42 (NIRV)
- Work on memorizing Article of Faith # ____.
- How often do you pray? Keep a prayer log. During the week, each time you say a prayer to God (even in your thoughts); write down the day and the approximate time of your prayer. Bring your prayer log to class.

