

7 Refreshing Ways to Engage with Scripture



BETHESDA HOUSE ENCOUNTER | RESTORE | EQUIP

Bethesda House

Encounter Jesus, Restore Lives, Equip Believers

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Bethesda House is an interdenominational ministry of Youth With A Mission established in 2010. Bethesda House exists to see people encounter God and be restored and equipped to transform communities with the Kingdom of God.



The Bible is an essential form of spiritual nourishment for every believer. In Matthew 4:4, Jesus likens His word to an essential staple, bread.

Just as there are literally thousands of ways to take the same basic ingredients and make breads of all shapes, sizes, textures and tastes, there are many ways to read and feed on God's word.

Spice up your time with God with 7 fresh ways of engaging with the Lord, Spirit to spirit, through His word.

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Day 1

Shower in the Scriptures

Ephesians 5:25b- 27 speaks of a spiritual cleaning Jesus made available through washing our lives with Scripture, as one would wash with water. 1 Timothy 4:4-5 says everything can be cleansed and sanctified by the word of God and prayer. Think of this type of Bible reading as a power hose that washes away grime and build-up and sets things back in order in your mind and/or in the atmosphere of that sphere.

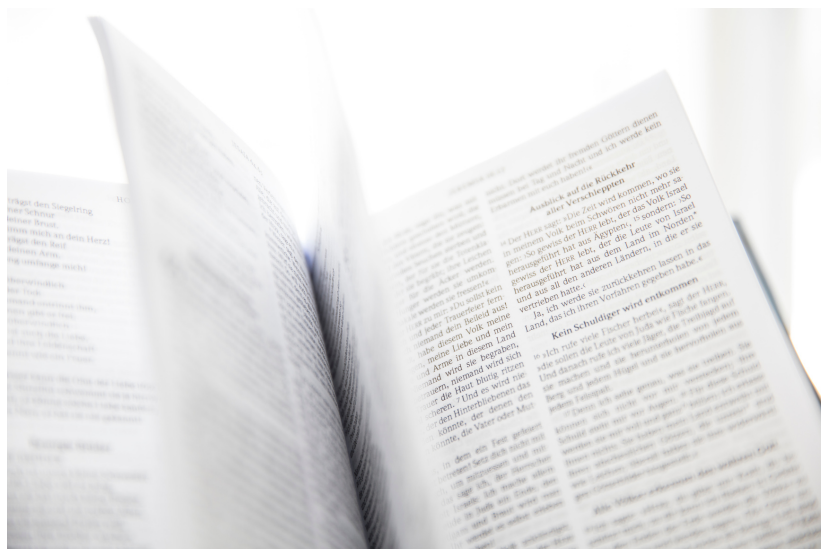
How to Do It

The books of the New Testament work especially well for this. You can start with any of them or select passages that address a specific focus. (Example: If there has been a lot of agitation in your home, Galatians 5 & 6, Ephesians 4 & 6 and the book of James could be read to wash the atmosphere).

Praying in this way involves reading Scripture out loud. Pray something like, “In the name of Jesus, I speak your words over my life/family. Let Your word wash me/us today”. As you read, release His word over you and agree in your spirit with what God is saying.

Practice directing various verses like you would a power hose, to wash away anything ungodly. Linger and repeat phrases that seem more “weighty”, directing that truth into a specific area. Observe how what you are reading spiritually stirs or stills the situation.

We suggest reading a good portion (an entire New Testament book or more) and do it in one sitting when possible. Read until you feel the atmosphere is cleaner and lighter and you sense it has accomplished its purpose.



Day 2

Build Your Faith

Acts 20:32 says that the word of God is able to build us up (make us spiritually strong). We are built up in faith by hearing God's words (Romans 10:17, Psalms 119:28, 2 Chronicles 15:8) as our spirits respond to the truth. This type of reading releases courage and encouragement, as we remember and take hold of His promises. We feel strengthened in that inner place of our spirits as we receive a deeper deposit of revelation (Ephesians 3:16-19).

How to Do It

Praying in this way involves reading passages of Scripture out loud. First, welcome the Lord to strengthen you. Pray something like, "Lord, as I listen to Your word, release fresh courage and strength into my spirit, soul and body. Fill me with fresh faith!"

Next, position your heart. Address your spirit (the part of you that has fellowship with God and spiritually hears truth), to hear and respond to what the Lord is about to say through this passage. "I speak to my spirit and say, _ _ _ _ (your name), hear the word that the Lord speaks to you today." Then choose a scriptural passage and declare it over your life and situation.

Practice this with stories or specific passages that inspire you to overcome and persevere. The book of Acts, Psalms, Joshua 1:1-9, 2 Chronicles 20:1-30, 2 Chronicles 32:1-23 are good places to start too.

Watch how your spirit responds and reacts to what you are declaring! Don't be afraid to repeat sections or verses several times as your faith builds. When you finish, respond to God in faith-filled prayer.



Day 3

Reflect on Truth

When we reflect on a problem, it activates negative emotions and chemicals that eventually result in poor health. Truth has even greater power to bring health to spirit, soul and body. The Word of God is literally meant to be meditated on and built into our thinking as a protein, ultimately affecting our very DNA. (For more on the science and Biblical basis of this, we recommend checking out Carolyn Leaf's book, Switch on Your Brain).

How to Do It

This kind of scripture reading is quality, not quantity focused. It will involve your Bible and a journal. The aim is to zoom in on one to several verses and go deep. The process is:

read -> reread -> paraphrase -> lay aside contrary beliefs /feelings

Example using Psalm 23:1, "The Lord is my Shepherd, I shall not lack." (NKJV)

Meditate on this statement for a while. What are the implications of this in your present situation?

Check out other translations of the same truth in different words for further insight.

Ex: God, my Shepherd! I don't need a thing! (MSG)

Ex: The Lord is my Shepherd, I have all that I need. (NIV)

Ex: The Lord is my Best Friend and Shepherd. I always have more than enough. (TPT)

Write out a paraphrase of it in your journal, allowing the truth to go in deeply.

Ex: The Lord is providing for, guiding and leading me. Never once was I ever alone without help. He has always been there! I have always had what I needed in the moment I needed it. I will always have what I need because He will continue to provide, minute by minute. I can always be relaxed like a sheep who knows it's cared for and will be led to provision. It might not be catered to my way or timing, but He will not fail to meet my needs. He is mindful of me.

Psalms 119:9 says our ways are cleansed as we listen and take hold of His word. What beliefs, feelings or memories emerge as you process the implications of this passage? Confess any area of unbelief or struggle to the Lord and invite Him to wash it away. Open up your heart to the light of His truth and ask Him to renew your mind in this area. (2 Corinthians 10:4-6, Romans 12:2).

Day 4

Implant the Word

Today's focus will be taking what the Lord was emphasizing yesterday to a deeper level, where you implant that truth (Mark 4:20, James 1:21). The process is:

hear what God says -> accept and receive His truth in your spirit -> allow the truth to migrate and take root in you (linger until it happens)

How to Do It

This kind of scripture reading is slow and contemplative. You will need a bible and a journal.

Pray and invite the Lord to take yesterday's scripture to a deeper level today. Slowly reread the passage and all that you wrote in your journal. Pause and linger, contemplating it, allowing it to soak in deeply into your spirit.

"Holy Spirit, what more do you want me to understand about this?" Wait on the Lord for greater insight. Write down what He shows you. Ask the Lord to expand on each new thing He reveals.

When you sense it is done for the day, pray and embrace what God's word says and all He has shown you, either out loud or through writing in a prayer journal.

Example from Psalms 23:1,

"Lord, thank you that I don't need to worry about how I will pay my rent this month because You know what I need. You also know when I need it. Thank you that I have everything that You deem necessary for this exact moment. I rejoice in Your tangible faithfulness today. (Thank Him for specifics He has already provided for you or faithfully provided up to this moment.) Today, I choose to enter more deeply into trust and rest in the fact that Your heart that is for me. You are good and You will never abandon me. You are my Shepherd, the best guide and provider in the universe and You take care of me. I receive this truth into my heart today."

Day 5

Sing the Word

In Colossians 3:16, we are instructed to let the richness of God's word dwell in us through singing Scripture and spiritual songs. We are encouraged in Ephesians 5:18-19 to even address each other through singing the psalms, hymns and spiritual songs to each other. This starts by making melodies in our hearts in private. We hope this exercise will help open up that well inside of you so it can overflow to encourage those around you.

How to Do It

This exercise must be done out loud. Find a place where you can hum and sing without being self-conscious of others listening.

Choose a psalm that speaks to you. Read through it several times. Zoom in on one verse or section that especially resonates with your spirit.

Choose a really simple tune to put this scripture words to and begin to hum it. Focus all your attention on the Lord and humming this melody to Him, rather than what your humming sounds like.

After you are comfortable with the tune and aware of the presence of God, start to sing the words of that verse(s) to the Lord. (Ex: Psalm 32:7- You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance.)

Repeat it over and over again. As your entire being resonates with sound, let it that truth resonate deeper into your heart.

Now begin to tell the Lord the same thing to that tune, but in your own words (Ex: "You are my Deliverer, Deliverer. Lord, You surround me with Your songs. You surround me with Your songs".) You cannot get this wrong. He wants to hear your heart!

As you get more comfortable, mix up the melody, move on to more verses and practice naturally weaving in and out of declaring truth, responding in worship and singing your own prayers.

Day 6

Bless Through Scripture

God is a God of blessing, and we are commanded to speak blessing over each other, our families, cities and homes throughout Scripture. Blessing is the antidote of cursing and carries so much power that it cannot be revoked (Numbers 23:20). In blessing, God's very name is put upon people, along with His protection, favour and enabling power (Numbers 6:23-27). We can speak God's blessings over our own lives and those around us by speaking Biblical blessings found in Scripture and any other good things you sense God wants to do.

How to Do It

This type of scripture reading needs to be done out loud with your mouth as it is spiritual instruction. Simply choose a passage, and speak it over that person/situation with awareness that God's very name and favour are being released to transform. Pray something like, "In the name of Jesus, I speak a blessing over _ _ _ _ _"

After you have read the passage, ask the Holy Spirit to show you any other specific aspects He wants you to bless in your own words. (Ex: "I bless _ _ _ _ _ with awareness that the Lord is with him. I release fresh courage for the choices he is making today. I bless him with confidence in his leadership and with favour to influence those around him.")

The following are great passages to use for general blessing; Numbers 6:23-27, Deuteronomy 28:1-14, Psalm 1, Jeremiah 17: 7-8.

You can also bless in a specific areas such as provision (Philippians 4:19-20, 2 Corinthians 9:8-11, Psalm 31:19-20), well-being & safety (3 John 1:2, Psalm 23), favour (Psalm 5:12, Psalm 90:17), refreshing (Proverbs 11:25, Isaiah 40:31, Isaiah 44:3-5), etc. Let the Lord lead you!

Send a quick note to someone to let them know you were led to pray and bless them with that passage of scripture today. It will encourage their heart to know both you and God care!

Day 7

Apply the Word the Heal an Area of Pain

We all carry pain and fears that are rooted in our souls (mind, will and emotions). Sometimes when we read or hear the truth of what God says, we hit internal resistance.

“No. That can’t be true. That’s not my experience.”

Sound familiar? We can feel overwhelmed in emotional pain and lies that feel so true and resist the truth of God. When that pain is triggered, we can feel stuck. We read the Bible, but it feels it has no power. In those moments, you can consciously choose to use that issue or pain as a doorway to truth.

God’s word is meant to heal and loose us from years of pain and bondage (Psalm 107:20, Hebrews 2:14-15), but to do this, we need to linger longer in Scripture (John 8:31-32). Most people read until they start to feel some peace, then stop. It temporarily feels better but doesn’t last as it only touched the surface. Go beyond comfort to healing, by training yourself to stay with that one truth UNTIL breakthrough.

If we remain with God’s truth for some time, it will move from comfort and shift into deeper healing. God partners with us in our healing as we read and respond to Him. Often times, it takes some persistence of waiting until truth lodges into your spirit and dissolves the problem.

How to Do It

We do this by applying that truth of scripture directly to that wound in the heart. We need to be committed to remain before the Lord with one truth until we get breakthrough, keeping focussed on the truth, not the problem. The process is:

pain -> read truth until you are aware of God and start to receive revelation -> receive His comfort -> receive healing.

Ex: John 14:1: Let not your heart be troubled; you believe in God, believe also in Me.

Prayerfully remain with the Lord at a passage as long as you have capacity. Then the next time, you return to that same passage and linger, applying that truth again and again, as an ointment to a lie-infected area. You can pray something like, “Lord, I open up to receive Your Word.”

Listen avidly to where the Holy Spirit pauses as you read a passage or verse. Where He lingers, you linger. If you don't, you will miss being transformed. Study every word in the verse. Read, re-read, write it out, position your heart. Persevere for truth. Dig further until you hit the deep truth that impacts and applies.

Redirect your heart and mind back to the passage. Read it over and over into the area of resistance.

Now as you feel God is speaking to you, draw from the Word. Read until that pain area is saturated in truth.

Ex: "I receive this truth into every affected area and memory of anxiety."

Apply it as medicine.

Ex: "Lord, I bring this troubled and anxious part of me to you- the subconscious part that doesn't believe You are who You say You are, in my life. Lord, I open this troubled area to the truth. Minister Your truth into my heart like a healing balm."

Use the passage to facilitate personal repentance and alignment.

"Lord, I bring before you every area where I do not trust people and the part of my heart that does not trust You. I confess that I have been selective in my faith and belief. I have allowed my heart to be anxious. I repent of allowing anxiety and for not believing Your character and intentions toward me. I confess where I've expected You to fail me like _____. I bring those experiences to the cross and ask for your healing from every lie and fear that came in as a result of _____. I choose to forgive _____ that hurt me and damaged my ability to trust people and trust You."

Sometimes you come across an 'emotional land-mine' of pain (where it reverberates very deeply). In these situations, there is often generational pain and sin present. Use the Word to pray into generational bondage.

"I release forgiveness to the very first ancestor that opened the gate to _____ (ex: fear, anxiety, distrust and doubt) and let these things into my family-line. I forgive them for the effects of this upon my life. Let the blood of Jesus come and cover this in my family, cleansing all the way back and through til today. Today, I reject these things. I shut these doors opened by my ancestors. I receive the truth that anxiety is not my portion and I do not need to be troubled! Instead, I open my heart to trust. I believe you, Jesus, and I receive Your freedom!"

Write down revelations and truth the Lord speaks into your heart. Re-read this regularly until it is a complete area of victory for you.



Thank you for journeying with us for these 7 days.

We speak the life of the Word of God over your days and nights and bless you with a deep, vibrant relationship with Scripture!