



This summer at Coastline we're talking about allowing the Lord to form our lives through the practice of various spiritual formations. In Psalm 1 we learn the value of Scripture and that the blessed person is formed through spending regular time in God's word. A recent study found that 71% of Americans say the Bible is the word of God; however, another study tells us that only 48% of Americans interact with their Bible three to four times a year. One of the primary reasons that people don't read their Bible is they don't think it's applicable. In Psalm 19 we read that the Law of the Lord is perfect and that His precepts are trustworthy. Keep this in mind as you answer the questions below.

1. Neal shared a story about a man named Arlo who received a Bible from his grandfather as a wedding gift. Arlo didn't open the Bible for months and was surprised what was in there. How often do you open your Bible?
2. The Bible teaches us the value of Scripture, wisdom, and God's commands. **Read Deuteronomy 6:4-9, Psalm 119:72, and Proverbs 2:1-4.** How often do you search for God's truth, apply His wisdom, and talk with others about it?
3. **Read Psalm 1:1-3.** David gives us an example of what the life of a blessed person looks like compared to that of a wicked person. Discuss what you see given in the contrasting examples.
4. In **Psalm 1:2** David exhorts us to meditate on God's word. For many, meditating on Scripture is a lost spiritual discipline. **Read Psalm 19:14, 48:9, 77:12, and 119:15.** How can Christians reclaim meditating on God's word to grow in their faith?
5. One reason people don't read the Bible is that they don't think it's reliable. **Read Psalm 19:7** and talk about how God's word is perfect. Share a story when the Bible's words were exactly what needed to hear.
6. **Read Hebrews 4:12.** The author teaches us that the word of God is alive and active. He goes on to share that it judges our thoughts, attitude, and heart. Can you think of a time that God's word impacted your thoughts, attitude, or heart?
7. At the end of the message, we learned three ways to be formed in Scripture: make a commitment to reading God's word, memorize the Bible, and make it a regular habit to read the Bible. Going forward, which one of these spiritual disciplines will you apply in your life?
8. Close your time in prayer. Pray for God to speak to you through His word this week!