

Bethel Baptist Church
Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group Handout
January 10, 2024



Scripture: Psalm 1

Meditation: Day 3 – Real Hope Spiritual Disciplines – “Rocks, Pebbles, or Sand”

Welcome/Purpose

What are “spiritual disciplines”?

- Definition
- Purpose
- Practice
- Examples
- Questions

Challenge: “Develop A Rule of Life” – Scazzero, Emotionally Healthy Discipleship

- What is a rule of life ?
- Elements of a rule of life:

- Prayer

- _____
- _____
- _____
- _____

- Rest

- _____
- _____
- _____

- Work/Activity

- _____
- _____

- Relationships

- _____
- _____
- _____

Improving Your Bible Study – “Encounters with God” by Henry, Melvin, and Norman Blackaby

I. Approaching the Bible

- a. _____
- b. _____

II. Prerequisites

- a. _____
- b. _____
- c. _____
- d. _____

III. Prayer and the Bible

- a. _____
- b. _____
- c. _____
- d. _____

IV. The Nature of the Bible

- a. _____
- b. _____
- c. _____
- d. Two Testaments
 - 1. _____
 - 2. _____
- e. _____