

SELF-FEEDER

E.A.R.S. — Responding
October 22, 2023

“Bible study is the metal that makes a Christian; this is the strong meat on which holy men are nourished; this is that which makes the bone and sinew of men who keep God’s way in defiance of every adversary.” **Charles Spurgeon**

1. PRAYER

Matthew 6:6

James 5:16

Psalms 85:6-7

“Prayer is not designed to change God; it is designed to change us. Prayer is not calling God in to bless our activities. Rather, prayer takes us into God’s presence, shows us His will and prepares us to obey Him....God will use your prayer times to soften your heart and change your focus. As you pray for others, the Holy Spirit will work in your heart so that you have the same compassion for them that God does. If you do not love people as you should, pray for them. If you are not as active in God’s service as you know He wants you to be, begin praying. You cannot be intimately exposed to God’s heart and remain complacent. The time spent with God will change you and make you more like Christ.” **Henry Blackaby**

2. JOURNALING

“...the seeds of all sins are in my heart, and perhaps all the more dangerously that I do not see them.” **Robert Murray M’Cheyne**

“Record the choicest thoughts. We may have an occasion later to look back upon them as grounds of comfort in some hour of temptation or direction in some sudden emergency. At least they will be a continual strengthening to our necessary duty. They may lie by us for further use as money in our pocket. We should preserve the whisperings of what the Spirit has taught us.” **Stephen Charnock**

3. MEMORIZING/MEDITATING

Psalms 119:11

“For those early writers, a trained memory wasn't just about gaining easy access to information; it was about strengthening one's personal ethics and becoming a more complete person. A trained memory was the key to cultivating ‘judgment, citizenship, and piety.’ What one memorized helped shape one's character. In a tight spot, where could one look for guidance about how to act, if not the depths of memory?” **Joshua Foer in “Moonwalking with Einstein”**

Mere reading is not necessarily learning - a fact that I am personally confronted with every time I try to remember the contents of a book I've just put down. To really learn a text one had to memorize it. Dutch poet Jan Luyken, "One book, printed in the Heart's own wax / Is worth a thousand in the stacks." **Joshua Foer in “Moonwalking with Einstein”**

“I know of no other single practice in the Christian life more rewarding, practically speaking, than memorizing Scripture.... No other single exercise pays greater spiritual dividends! Your prayer life will be strengthened. Your witnessing will be sharper and much more effective. Your attitudes and outlook will begin to change. Your mind will become alert and observant. Your confidence and assurance will be enhanced. Your faith will be solidified.” **Chuck Swindoll**

4. ACCOUNTABILITY/FRIENDSHIPS

Hebrews [10:24-25](#)

“Accountability is the ‘ability’ to be open and allow a small number of trusted, loyal and committed friends to speak the truth in love to us... Accountability is a word many of us fear. It is not in our nature to want to be held accountable for our attitudes or actions. Some of us fear it because we misunderstand it.” **OS Hawkins**

“The hard truth is, the management of our sinful nature demands accountability...The believer who is serious about walking faithfully with the Lord will make himself or herself accountable to others.” **Robby Gallaty**

“Accountability. Now, that is an important word. If it is good enough for cars and homes and physical needs, why shouldn't it be good enough for interpersonal relationships?” **OS Hawkins**

QUESTIONS FOR REFLECTION/GROUP DISCUSSION

1. In your times of Bible study and reading, have you ever used journaling or some sort of writing? Have you found such a practice helpful?
2. How do you incorporate prayer into your times of Bible study? What have you found to be helpful?
3. Do you do anything to remember or memorize Scriptures that are particularly impactful during your time of Bible study and reading?

4. Do you have a friend that could help you with accountability? What steps do you need to take to secure such a friend?