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A New Rhythm, Part 4: Study- Notes

Anchor Texts:

2 Corinthians 3:17-18, Mark 9:2-9, Romans 12:2

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Corinthians 3:18

STUDY is the best defence against our bondage to **fear** and **anxiety**.

Romans 12:2:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Jesus' appearing and the sending of the Holy Spirit introduced the **truth** to the world in a way that the world had never known before.

"you will know the truth and the truth will set you free" (John 8:32)

- the power of **untruth** is likewise great. Jesus himself emphasizes this when we talk about the crooked teaching of the pharisees:

You traverse sea and land to make a convert, and when he converts you make him a son of hell with twice your strength. (Matt 23:15)

-a healthy rhythm of study as both a transformative power in our lives, and a powerful defence against the schemes of Hell itself.

SO WHAT IS STUDY?

It is the act of our mind conforming to the object of our concentration.

-much more than just books. . . we can study objects like buildings or nature, we can study people, we can study events, all without reading a word.

Metamorphosis: a complete renewal of our beings.

The Holy Spirit of God makes this possible-- what we study today can be written on our *hearts* (Rom 2:15).

There are four basic steps:

1. Repetition

- i. Going back to the material over and over again
- ii. Either regularly (daily) or slowly (year after year)

2. Concentration

1. Repeat your whole pattern: Go to the same place at the same time to study. Study in the same manner and even study the same passage regularly
2. Its better to move slowly over the long haul – than start and then give up!
2. You never approach the passage as the same person, you are shaped by each attempt.

3. Comprehension

- i. The Insight that results from concentration
 1. This is the process of learning to think as the Spirit guides you
- ii. Discernment (communal – you don't learn discernment without discipleship)
 1. Learning to think **alongside** the thoughts of others
 2. **Who is helping you?** Who can you share your thoughts with, and who shares with you?
 3. Discernment is critical, because study without partnership leads to wacky ideas
 4. Careful study is not a recipe to get everything right, the Sprit is helping, yes, but He intends us to study IN COMMUNITY.

4. Reflection

- i. Understand ourselves in relation to the subject we've been studying
- ii. Begin seeing ourselves in the meaning

We might picture arrogant professors up in their office when we think of study, but I hope its becoming clear that real study demands **humility**.

-The goal is to be welcomed into God's great story and transformed and invite others in love and humility to encounter God too

Studying of Books:

Reading does not equal studying!

3 Things to remember as you engage with a book (slowly, mind you.)

1. What is the Author Saying? (Reading)
2. What does the author *mean*? (Interpreting)
3. Is the author correct? (Evaluating)

We also need some external help

1. Other writings
 1. Biblegateway.com and biblehub.com
 2. Our church library has resources
 3. not about how many books you read, *but about how well you read.*
2. Live discussion

The WORLD AROUND US:

Ps 8:3 "*when I consider your heavens, the works of your fingers, the moon and the stars, which you have set in place...." who am I?*

Reacquaint yourself with the awe, wonder, joy, of concentrating on creation which leads to contemplation of God, his order, and our place, just like Psalm 8:3-4 illustrates.

If you are able appreciate the things that bear the fingerprints of God, you'll be able to perceive the activity of God all over the place in your daily life.

What will this look like for you this week?

Try...

1. Pick a short Book – lets say 2 John
 2. Read it through every day for a week (**Repetition** and **concentration** will be helped by this)
 3. read with a pen in hand to make notes in your bible or in your notebook
 4. Ask yourself the key questions we just talked about - What is the author saying? What does the author mean? (this will help **comprehension**)
 5. Lastly, **reflect** on how you fit into what the author is saying. Do not be a hearer only, but one who understands and obeys.

Concerning Creation and events:

1. Keep track of significant interactions
Here are three ideas- try one
 1. Journal
 2. Highs and Lows (verbal review of your day)
 3. End of Day meditation

2. Better yet - Take time in the moment
 1. If someone is angry (or happy), what makes them angry/happy? Why? Why is that thing important to them?
 1. Follow the same basic process as reading
 1. What is the person saying?
 2. What do they mean? (its when we take time to study that we realize just how big the different can be between what someone says and what someone means.
3. Lastly, there is **NO SUBSTITUTE** for **simply slowing down**.
Rushing and study don't go well together - amen college students and highschool students?!