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- When Jesus faced the Devil  
He used quotes from the  
Scriptures to fend off three  
different attacks



# Weapons of Righteousness

Building Strong Christians for the Battle

# Word of God

(Wisdom)

## *Colossians 3:16*

- *“Let the word of Christ richly dwell within you.”*
- *The Rhema and the Logos*  
*You need both to Win*





# Spiritual Disciplines of

- There are at least 9 Biblical techniques for injecting the Wisdom of the Scripture into your life:
- This is called  
Biblical Meditation

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# Spiritual Disciplines of

- There are three forms of meditation:
- One is bad
- One could be neutral
- One is great

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Spiritual Disciplines of

**How important  
is Biblical  
Meditation?**

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# Spiritual Disciplines of

Causes Success Joshua 1:8

Brings the peace of God Col 3:15,16

Protects from temptation Psa 119:9,11

Brings wisdom beyond teachers Psa 119:99

It is a key to winning against the Devil Eph 6:17

Insures God will abundantly supply Psa 1:1-3

Key to living Christian Truth Eph 1:18f; Phil 3:10-15;

Rom 8:18-25; 8:31-39; Rev 2,3; 2 Cor 4:6; 5:10,11; 2 Pet 1:19

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Spiritual Disciplines of

**How do you  
Meditate  
Biblically?**

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# Spiritual Disciplines of

**Press the  
Scripture through  
your soul (mind, will, emotions)  
and body by externalizing:  
write, speak, pray, sing, draw, etc**

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #1

### Slow Repetition

# Spiritual Disciplines of

**Slowly speak, write or ponder  
a passage of Scripture**

**Emphasize different words or  
phrases**

**Say it over and over  
Let God direct your thoughts**

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# Slowly Repeat Key Scriptures

The Beatitudes

The Great Commandments

The Ten Commandments

The Lord's Prayer

The Fruit of the Spirit

The Ladder of Virtue

Christ's Attitude

The 23<sup>rd</sup> Psalm

Psalm 1



# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #2

## Memorization

# Spiritual Disciplines of

Write out the passage

Read a passage out-loud 10X slowly

Stress different words while you read

By the 5<sup>th</sup> time... say parts without looking

Repeat the verse out-loud 5 more times

Repeat the verse out-loud 3 X during the day.

Maybe Breakfast, Lunch and Dinner

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# Memorization

**James 1:19**

**Ephesians 5:25**

**Proverbs 18:1**

**Rom 12:1,2**

**Phil 4:6-8**

**Romans 6:1-12**

**Colossians 3:12-15**

**1 John 1:5-2:2**

**Exodus 20:3-17**

**Proverbs 15:1-4**

**Eph 1:18-21**

**Eph 3:14-21**

**Matt 5:3-12**

**Gal 5:22,23**

Anger, Gossip, Pride

Marriage Improvement

Divorce, Big Decisions

Temptation, Loving God

Worry, Movie guide, Thought life

Temptation, Christ's power

Positive Qualities, What to do each day

Getting rid of sin, forgiveness

10 Commandments, Right and Wrong

Calming anger, speaking well

Christian Power and prestige

Love, strengthened with power

How to be like Christ, How to act

What the God will prompt you to do

# Memorization

**Bible:** John 17:17; 2 Tim 3:16

**God:** Psa 90:2; Isa 40:18; Isa 44:6b; 45:21,22

**Christ:** John 1:29; Phil 2:5-11; John 1:1-3,14

**Holy Spirit:** Acts 5:3,4; Acts 1:8; John 14:16; 1 John 2:27

**Salvation:** Rom 1:18; 2 Cor 5:17,21; John 6:29; Rom 10:9,10

**Man:** Jer 17:9; 1 Thess 5:23; Heb 2:6-8

**Church:** Matt 16:17; Col 1:18; Gal 6:1-10

**Angels:** Heb 1:14; 13:2

**Heaven, Hell, & The Resurrection:**

Rev 22:1-3; John 14:3; Luke 16: 23; Rev 20:15; Rom 8:11

**Christ's Return:** Phil 3:20,21; 1 Thess 4:13-18

# Memorization

## **Sections of the Scripture About God:**

Philippians 3:14-16; John 17:1-5; Matthew 6:1-4; Revelation 2:2-5

## **Sections of the Scripture About Personal Development:**

Ephesians 4:30-32; Matthew 5:21-26; Proverbs 6:16-19; 1 Peter 4:7-11

## **Sections of the Scripture About Marriage:**

Ephesians 5:22-30; 1 Peter 3:7; Genesis 2:18-25; Matthew 22:22-30

## **Sections of the Scripture About Family:**

1 Timothy 3:4,5; Ephesians 6:1-3; Psalm 127:1-5; Matthew 10:34-39

## **Sections of the Scripture About Work:**

Colossians 3:22-24; Proverbs 21:5,6; 1 Corinthians 15:58; 2 Thessalonians 3:7-11

## **Sections of the Scripture About Church:**

Hebrews 10:22-25; 1 Corinthians 12:12-17; Matthew 16:18,19; 1 Corinthians 5:9-13

## **Sections of the Scripture About Money and Finances:**

Matthew 6:19-24; Proverbs 27:23-27; 1 Timothy 6:7-10; Romans 13:5-8

## **Sections of the Scripture About Society:**

Exodus 20:3-17; 1 Tim 1:8-11; 1 Tim 2:1-7

## **Sections of the Scripture About Friends:**

Proverbs 11:13; 17:9; 17:17; 18:24; 22:24-27; 27:6

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #3

### Bible Study

# Spiritual Disciplines of

## **Observe**

Read; Diagram; Key Words; Questions; Transitions; Translations

## **Interpret**

Define; Cross references; Background; Commentaries; Personal Translation

## **Apply**

Know; Feel; Do

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #4

Personalize

# Spiritual Disciplines of

**Write or speak  
your name, your sins,  
your temptations, your  
circumstances, your problems,  
your situations, your concerns,  
etc. into the passage.**

Rom 6:1-23; Rom 8:1-17; Jam 1:2-5

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## **Technique #5**

## **Confession**

# Spiritual Disciplines of

Agree with every truth in prayer

Give thanks for what is good and right in your life

Just read and article that gratefulness is the key to happy marriage

Agree with God on what still needs work

Agree with God on violations of the passage

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## **Technique #6**

### Visualize

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

This is the most powerful  
Technique  
In the whole list

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Imagining a different future is  
The key to all change in life

If you can not see yourself  
acting or speaking  
in a new way you can't do it

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

You must be able to see yourself  
Acting in Biblical ways

It is not you until you  
mentally rehearse  
Enough times that it becomes you



# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Colossians 3:2

Set your **mind** on the things above,  
not on the things that are on earth.

Colossians 3:5

Therefore **consider** the members of your earthly body as dead  
to immorality, impurity, passion, evil desire, and greed,  
which amounts to idolatry.

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Romans 6:11,13

Even so consider yourselves to be dead to sin,  
but alive to God in Christ Jesus.

And do not go on presenting the members of your body to sin  
as instruments of unrighteousness;

but present yourselves to God as those alive from the dead,  
and your members as instruments of righteousness to God.

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Ephesians 1:18,19

I pray that the eyes of your heart may be enlightened,  
so that you will know what is the hope of His calling,  
what are the riches of the glory of His inheritance in the saints,  
and what is the surpassing greatness of His power  
toward us who believe.

These are in accordance with the working of the strength of His might

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Romans 8:5,6

For those who are according to the flesh  
set their minds on the things of the flesh,  
but those who are according to the Spirit,  
the things of the Spirit.

For the mind set on the flesh is death,  
but the mind set on the Spirit is life and peace,

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

1 Peter 1:13

Therefore, prepare your minds for action,  
keep sober in spirit,  
fix your hope completely  
on the grace to be brought to you  
at the revelation of Jesus Christ.

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

Romans 12:2

And do not be conformed to this world,  
but be transformed by the renewing of your mind,  
so that you may prove what the will of God is,  
that which is good and acceptable and perfect.

# Spiritual Disciplines of

## **Picture the Biblical Scene**

Sights, sounds, smells, touch, taste.

## **Picture yourself in the Biblical Scene**

5 senses and Asking, Interacting, Reacting

## **See yourself doing the Biblical Truth**

Actions, Reactions, Words, Thoughts, Attitudes, Motives

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #7

Draw / Compare  
(Doodle, Schematic) (metaphor, analogy)



# Spiritual Disciplines of

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**Draw, Diagram, Schematize the action or truth in the verse**

**Suggest an analogy, metaphor or simile for the truth or truths in a particular passage**

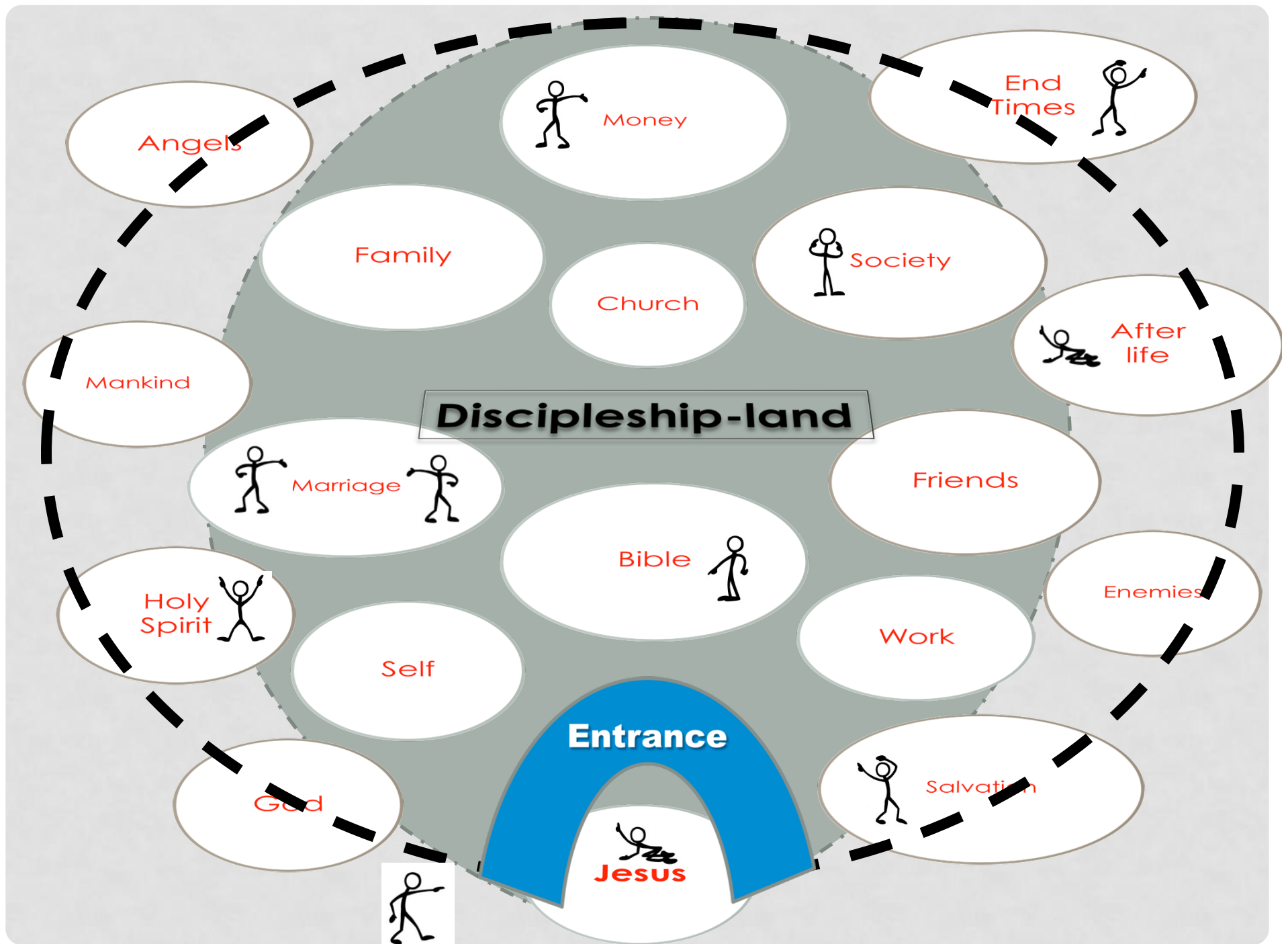
No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting

No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting

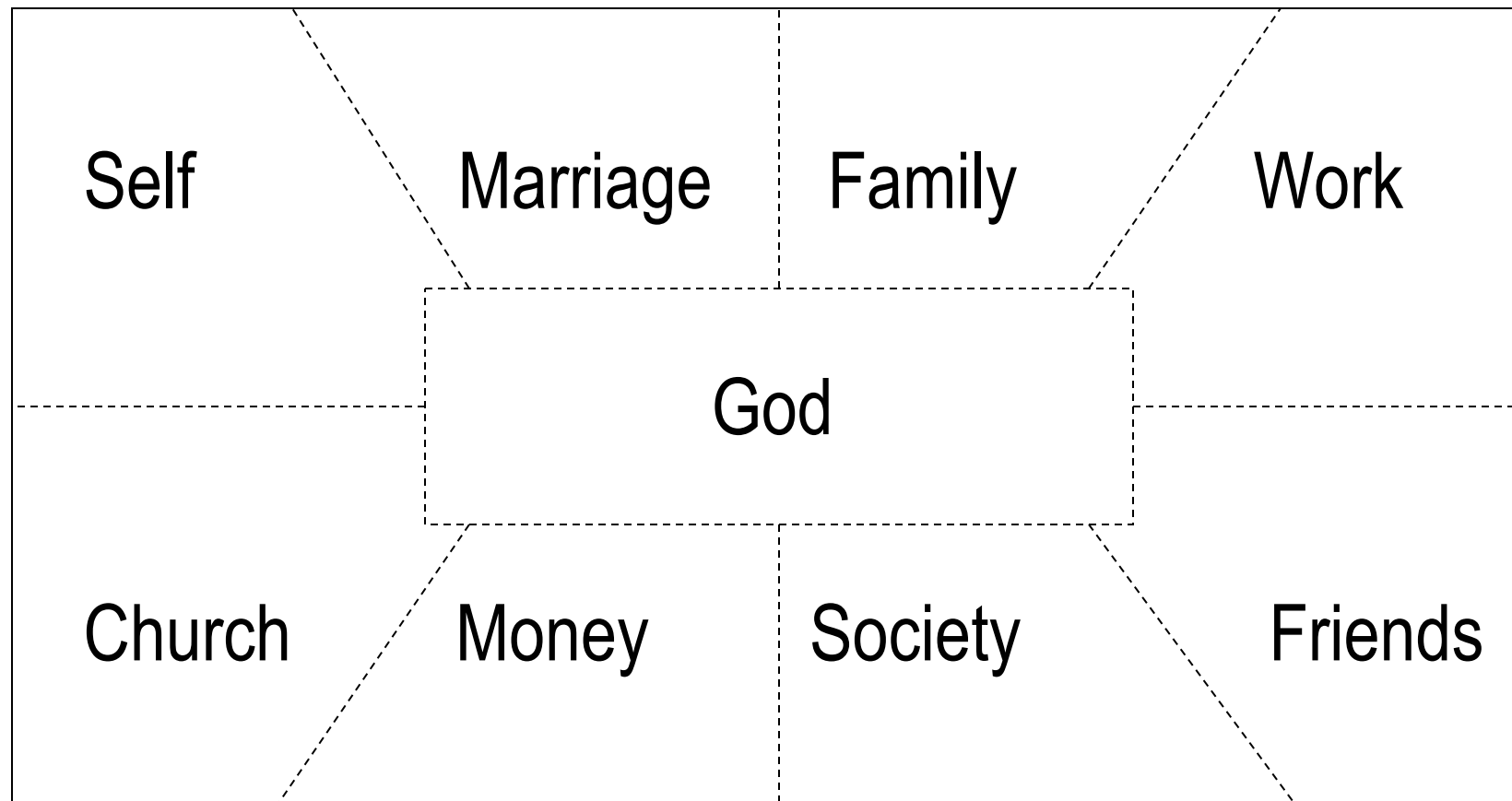
**The 10 Commandments  
are the perimeter fence  
around a blessed life**

No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting

No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting



# The Whole Christian Life can be divided into 9 Relational Gardens



No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting	No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting	No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting
	<p><b>Love God</b></p> <p><b>Love Thy Neighbor</b></p>	
	No other gods-No idols-No cursing-Remember the Sabbath-Honor Father & Mother-No murder-No adultery-No stealing-No lying-No coveting	

# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #8

Pray

# Spiritual Disciplines of

**Ask for everything  
possible in the passage**

**Talk with God  
about everything  
in a passage**

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #9

### Journal

Record Insights



# Spiritual Disciplines of

As you are going over a passage of Scripture

**God will show you**

1. connections between truths;
2. ways to apply a truth;
3. solutions for specific problems;
4. evidence for a doctrine

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #10

Sing

# Spiritual Disciplines of

Start singing Scripture whatever tune

Do not change Scripture

Write & sing a song that goes with Scripture

Do not change Scripture

Paraphrase Scripture into an appropriate tune

Stay as close to Scripture as possible

Sing about a truth in a Scripture

Be Biblical and pour out your heart

Write & sing a song about a truth in Scripture

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# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Technique #11

### Translate

# Spiritual Disciplines of

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After studying a passage

Write your own amplified bible with definitions woven into the text and expanded historical and grammatical references

It still must be readable and Biblically accurate

Many times this can be combined with personalization for a powerful but very personal passage of Scripture

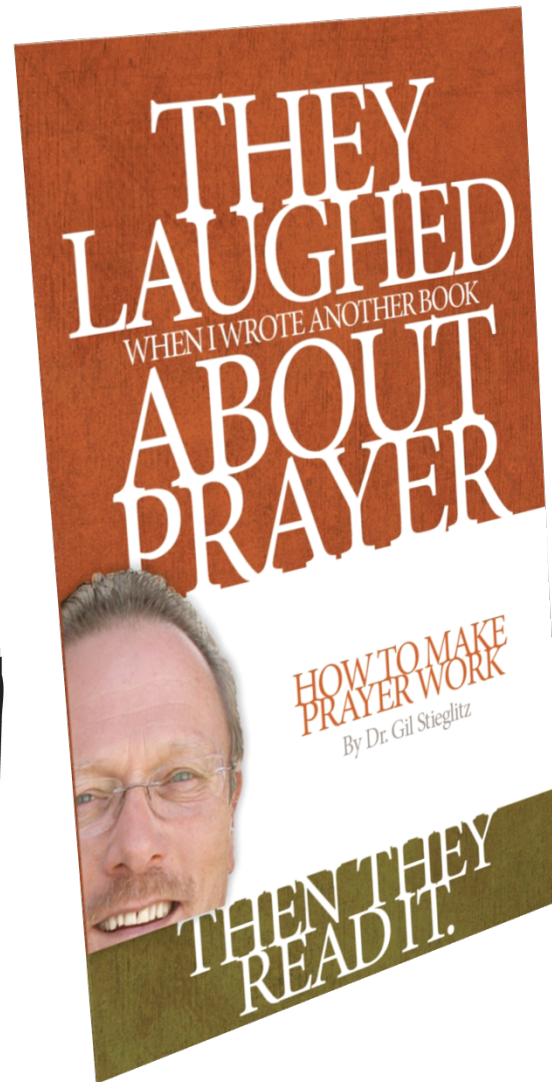
# Spiritual Disciplines of a C.H.R.I.S.T.I.A.N.

## Action Steps

# Spiritual Disciplines of

**I will spend  
extended time  
pressing the Scripture  
thru my soul and body**

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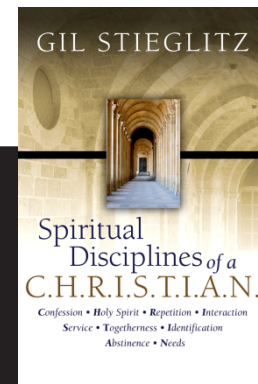


- Slow Repetition
  - Bible Study
  - Personalize
- Confessionalize

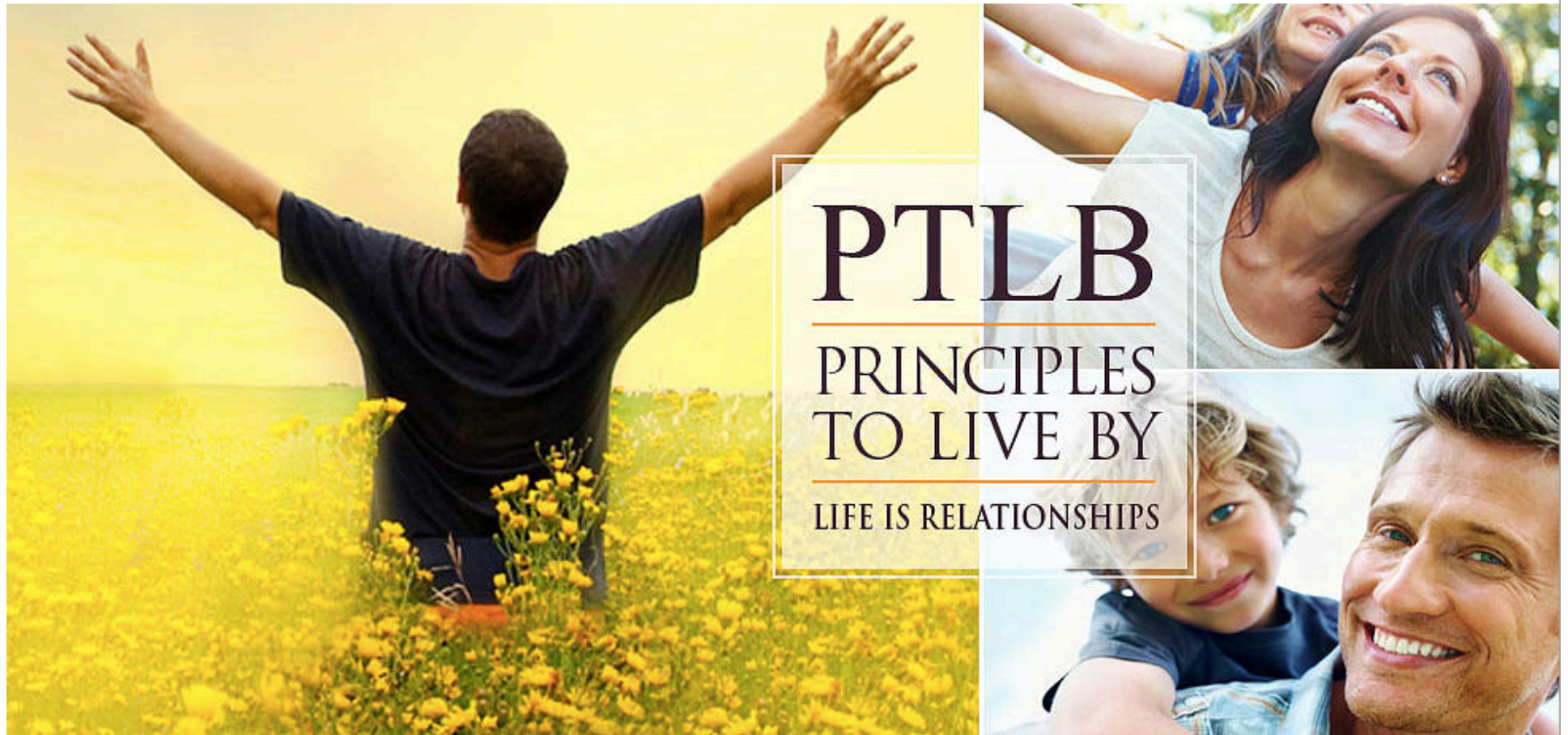


Visualize

- Pray
- Sing
- Journal
- Translate







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