

My goal for tonight is to help you leave with a little more confidence in how to practice these disciplines, so you can use them more regularly in your life AND teach your children how to practice them, too.

First we are going to start with practicing [\(\(click\)\)](#) Bible Study.

On your table you should each have a copy of Psalm 100. On the page, there are two different translations - the New American Standard, and the New Living Translation. When you are taking the time to dive deep into a passage of scripture, it can often be helpful to have a couple of different translations to help you if you get stuck on what a passage is saying.

On your table you should also have a copy of a Bible Study Basics Worksheet that Sandy Esgar, a member of our church, shared on a Joyful Journey podcast. This worksheet walks you through one way to study the Bible, where you focus on a book of the Bible and do small sections at a time. Spending 5 days on each section. The top of the first page tells questions you can ask to help you know the context of a book of the Bible before you start studying. These are questions that can usually be answered by reading the notes in your study Bible.

For tonight, I will go ahead and answer these questions. Psalm 100 doesn't tell us who wrote it. The Psalms had different authors, and some tell us who the author was. But not this one. It also doesn't say who it was written to, or when. One piece of helpful information that we DO know is that it was written in poetic language, and the heading of the psalm says that it is a "Psalm of Thanksgiving."

Let's go ahead & read this Psalm through, and then I will show some different techniques that you can use in your study time. Don't feel like you always have to do all of this, or that this is the only correct way to do it. For most passages, I might do this process over multiple days instead of at one time. And if this is new or difficult for you, be patient with yourself. Our goal in studying scripture is to get to know God better. And He is so loving & gracious & promises to meet you where you are at.

[\(\(click\)\)](#) Psalm 100:

Shout joyfully to the Lord, all the earth.

² Serve the Lord with jubilation;

Come before Him with rejoicing.

³ Know that the Lord Himself is God;

It is He who has made us, and not we ourselves;

We are His people and the sheep of His pasture.

⁴ Enter His gates with thanksgiving,

And His courtyards with praise.

Give thanks to Him, bless His name.

⁵ For the Lord is good;

His mercy is everlasting

And His faithfulness is to all generations.

[\(\(click\)\)](#) To start with. I wanted to address those subscripted letters on your page.

I've highlighted those here. Those are just taking you to the footnotes at the

bottom of the page where you can learn other ways things could have been translated, or other information that could be helpful.

((click)) For this exercise tonight, I'm going to take the first 3 verses and show you how I personally work through this to study it more deeply. Then we will have time for you to do your own deeper study of the last 2 verses. When I did this, I had taken a copy, similar to what you each have & wrote on that.

The first thing I noticed was that, even though we don't know the specific person, or people group this Psalm was written for, I noticed it does tell us who it is talking to: **((click))** "all the earth"

Then I usually ask myself if there are repeated words or phrases. For this passage, I noticed even though the exact words aren't repeated, there are some similar ideas when **((click))** "joyfully" "jubilation" "rejoicing" (which the NLT says as "gladness" for jubilation & "singing with joy" for rejoicing so I **((click))** wrote that to help me better understand what it is saying. I could also use a dictionary to look up the words if I wanted a better understanding of what a word meant.

Next I noticed that there were actions given as commands: **((click))** shout, serve, come, & know. So I highlighted those. And then noted what I was to do those actions to **((click))** "to the Lord" "serve the Lord" "Come before Him" and Know that the Lord Himself is God...

That helped me see that the joyful, jubilation, rejoicing that I highlighted earlier described how I was to do those actions or commands, **((click))** so I connected those with arrows.

The next question I asked was, what did this passage say about God?

((click)) I found that it tells me ((click)) He is God, ((click)) He made us (or is Creator), and when it says ((click)) we are the sheep of His pasture, that tells me He is a Shepherd. I can also deduce from verses 1 & 2 ((click)) that he is worthy of my joyful praise & service. And from verse 3, that ((click)) He allows us to know Him.

Next I asked, what does this passage tell me about mankind, or myself?

((click)) First I see that I was ((click)) made by God, and I am not the Creator. ((click)) When it says we are his people, that tells me that I belong to God, and ((click)) I am his sheep, which means I am dependent upon God. And, ((click)) verses 1-2 tell me that I am commanded to praise, serve, come before, & know my God with joyful gladness. From verse 3, ((click)) I can know that I am able to know about Him and be in a dependent relationship with my loving Shepherd!

((click)) Now we will spend a few minutes where you can practice doing this to the last 2 verses. (3 MINUTES)

((click)) All of this work now leads us to meditation. Remember that meditation is when we purposely free our mind of some thoughts in order to think about a certain truth from God's word. So, go ahead & pick one truth from what we've been studying. I will give us 3 minutes to meditate on that. If you'd like you can even use your phone to look up definitions or synonyms to words at this time. (3 MINUTES)

((click)) Next, what is one truth about God that you see in this passage?

You should each have a list of different attributes of God. You can use that to find one attribute of God that you see reflected in this passage. Again you can use your phone, or a Bible if you have it, to look up some of the other scriptures that are listed for that attribute. And I'll give us 2 minutes. (3 MINUTES)

((click)) Go ahead and move into a time of prayer, where you are praising God for his character, and the truths you have seen in His Word. At this time you aren't asking God for anything, it is just a time to respond in awe at His beauty you have seen. (3 MINUTES)

((click)) After seeing more of who God is, it is a great time to reflect on who we are in light of who He is. One of my favorite ways to move into self-examination is to fill in the blanks to this statement: "Knowing that God is __ (fill in the blank with the attribute you contemplated) _ shows me that I am _____. And then it can move us into soliloquy, where I am prayerfully seeking to handle God's Word as it applies to myself & my weaknesses. Since self-examination & soliloquy are so closely related, don't worry about which one you are doing. Go ahead and take some time to do this. Then Mentor Moms, I will let you start your table time as you see your table is ready.