

Communion & Offering



Bulking Up My Spiritual Health

Reading and

Feeding Your Soul

Pastor Jeff Souders - January 19, 2025

Psalms 19

1 The heavens declare the glory of God; the skies proclaim the work of his hands.

2 Day after day they pour forth speech; night after night they reveal knowledge.

3 They have no speech; they use no words; no sound is heard from them.

4 Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun.

5 It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course.

6 It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.

7 The **law** of the LORD is perfect, refreshing the soul. The **statutes** of the LORD are trustworthy, making wise the simple.

8 The **precepts** of the LORD are right, giving joy to the heart. The **commands** of the LORD are radiant, giving light to the eyes.

9 The **fear** of the LORD is pure, enduring forever. The **decrees** of the LORD are firm, and all of them are righteous.

10 They are **more precious than gold**, than much pure gold; they are **sweeter than honey**, than honey from the honeycomb.

11 By them your **servant is warned**; in keeping them **there is great reward**.

12 But who can discern their own errors? (No One!!) **Forgive my hidden faults**.

13 Keep your servant also from willful sins; may they not rule over me. **Then I will be blameless,** innocent of great transgression.

14 May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer.

Vs 7-9

Law - If you're walking through life, and you're just exhausted, the Scriptures will lead you into God's framework and redemptive story of creation that culminates in Jesus.

Statue - If the enemy has fed you so many lies that you don't even know what's true or untrue anymore, the Scriptures will lead you into God's testimony of himself and his world

Precepts - If you've lived your life in pursuit of what's just the next best thing, what's going to fill the hole in my heart...! The Scriptures will lead you into God's way of living and experiencing truly abundant life where your heart can be full of joy.

Commands - If life just feels so dark and meaningless and unclear. Like, what's my purpose even? The Scriptures will lead you into God's commands that are radiating light out into a lost and broken world, providing a way to see clearly purpose and value and a way forward

Fear - If you're gripped with fear The Scriptures will lead you into a fear and reverence toward God that reminds you that he is the one who is in control and reigning over it all. The world doesn't rest on my shoulders; and he is carrying me every day, more and more towards eternity.

Decrees and justice - If life just seems so unfair, if it's ripped away—your goals and your dreams and your aspirations, there is coming a day where there is no more death, and no more mourning, and no suffering, and no more pain, and no more sin, and no more evil

READING AND FEEDING FOR BULK:

Biblical mediation is defined as “chewing on the Scriptures”

The goal is not for us to get through the Scriptures. The goal is to get the Scriptures through us.”

A PLAN TO MEDITATE spiritual reading.

We move through it by following five simple words:

Spiritual reading:

1. Silence.....

2. Read.....

3. Meditate.....

4. Pray.....

5. Contemplate.....

Practice the 5 Disciplines together:

Matthew 5

Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, ² and he began to teach them the Beatitudes

He said: ³“Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ Blessed are those who mourn, for they will be comforted. ⁵ Blessed are the meek, for they will inherit the earth. ⁶ Blessed are those who hunger and thirst for righteousness, for they will be filled. ⁷ Blessed are the merciful, for they will be shown mercy. ⁸ Blessed are the pure in heart, for they will see God.

⁹ Blessed are the peacemakers, for they will be called children of God. ¹⁰ Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. ¹¹ “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. ¹² Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

Salt and Light ¹³ “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴ “You are the light of the world. A town built on a hill cannot be hidden.

¹⁵ Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.