

**FAMILY LIFE CHURCH OF THE VALLEY
RIVERSIDE COUNTY**

TITLE: 40 DAYS IN THE WORD

SESSION FOUR: PARAPHRASE IT!

MEMORY VERSE: I HAVE HIDDEN YOUR WORD IN MY HEART THAT I MIGHT NOT SIN AGAINST YOU.

PSALM 119:11 (NIV)

PARAPHRASE IT!

FOUR COMMON PROBLEMS IN A DAILY QUIET TIME:

1. The problem of _____ ...

The Battle of the _____

What to do...

Go to bed _____.

Get up _____.

Be aware of _____.

Go to bed with _____ on your mind.

Blessed is the man...who delight(s) in the law of the Lord, and on his law he meditates day
And night.

Psalm 1:1-2 (NIV)

2. The problem of _____...

The Battle of the _____

Common Causes of Spiritual Dry Spells:

Your _____ condition

Trying to _____ in a hurry

40 DAYS IN THE WORD SESSION FOUR (cont.)

Being in a _____

Not sharing your _____ with others

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9 (NIV)

3. The problem of _____...

The Battle of the _____

What to do...

Be sure you are thoroughly _____.

Read and pray _____.

_____ while praying.

Keep a _____ handy.

4. The problem of _____...

The Battle of _____

What to do...

Make a _____ with God.

Put it into your _____.

Be prepared for the devil's _____ and

_____.

Leave your Bible _____.

Relay on the _____.

40 DAYS IN THE WORD SESSION FOUR (cont.)

**THE “PARAPHRASE IT!”
METHOD OF BIBLE MEDITATION**

- Read the verse or passage over and over.
- Think about what God is saying to you.
- Put it into your words.
- Search your heart to see how the verse applies to you.
- Talk to God about it.

Ultimately you want to be able to explain the entire verse or passage in your own words. It’s not enough just to know what the Bible says; you also need to know what the Bible means. If you can’t put it in your own words, then you don’t truly understand what it is saying.

I have hidden your word in my heart that I might not sin against you.

Psalm 119:11 (NIV)

Rick’s paraphrase: “I have memorized your Word, Lord I won’t give in to temptation.”

Think of it as two parts of a conversation. Say back to God what you heard him say to you, but use your own words. Then respond to him with your thoughts and prayers, based on the passage you just read.

DISCOVERY QUESTIONS:

- As a group, practice the Paraphrase It! method of the Bible meditation using Hebrews 4:12 (NIV)

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12 (NIV)

- Read the verse several times. What is God saying to you in this passage?

40 DAYS IN THE WORD SESSION FOUR (cont.)

- Put it into your own words.

- How does this verse apply to you, and what will you do about it? How willing are you to let the Word of God do its work in you? Is this something you fear or look forward to?
