A person stands on a beach at sunset, their arms outstretched in a gesture of praise or surrender. The sun is low on the horizon, casting a warm glow over the sky and reflecting on the water. The sky is filled with colorful clouds in shades of orange, red, and blue. The person's silhouette is reflected in the shallow water.

Spiritual Disciplines

ATTENTION WITH INTENTION

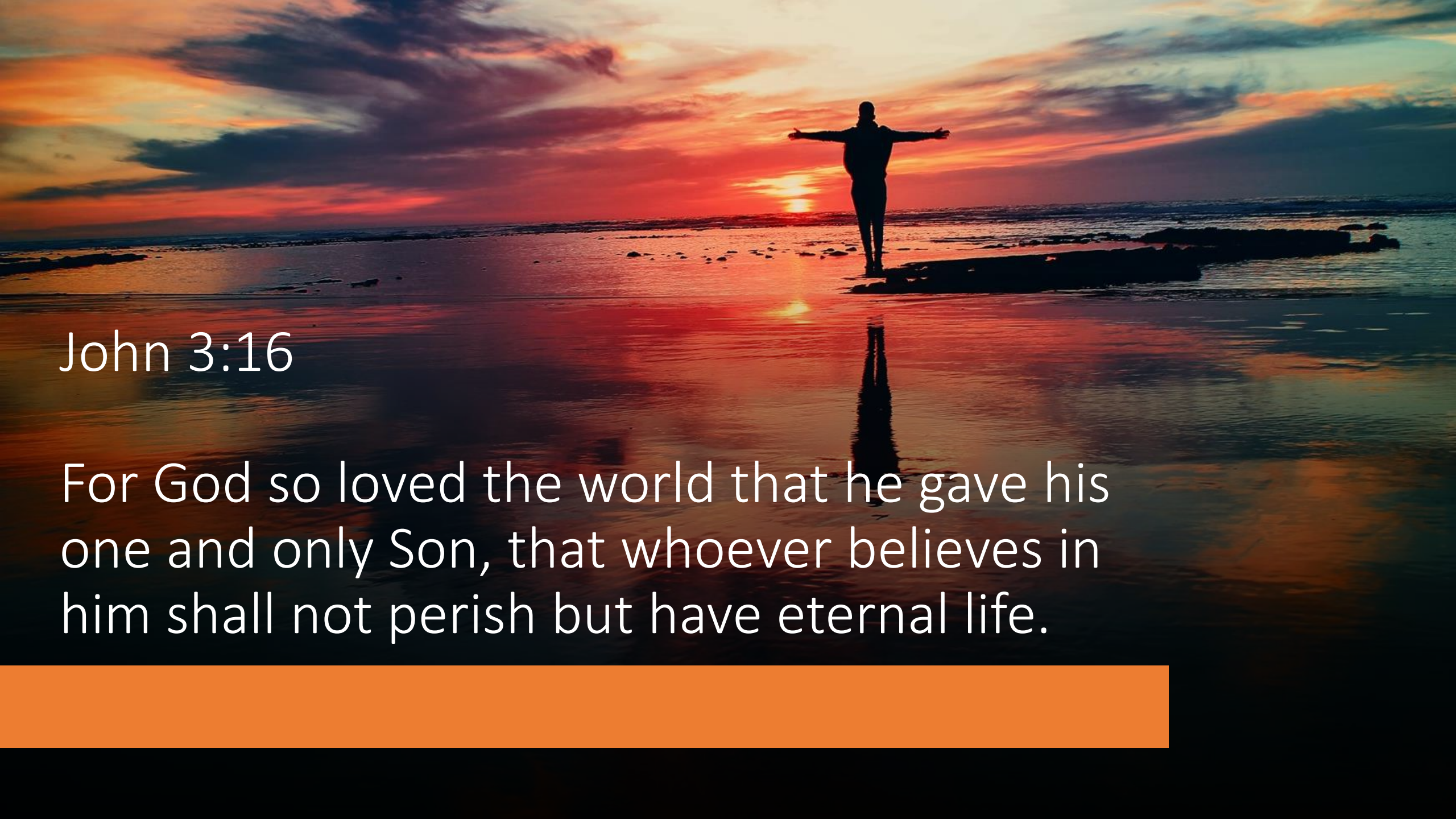
Discipline of Bible Study & Memorisation



John 3:16



John 3:16



John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.





Psalm 119:105



Psalm 119:105

A person stands on a beach at sunset, their arms outstretched towards the horizon. The sun is low on the horizon, casting a warm glow over the scene. The sky is filled with soft, colorful clouds in shades of orange, red, and blue. The water in the foreground is calm, reflecting the colors of the sky and the person's silhouette. The overall mood is peaceful and contemplative.

Psalm 119:105

Your word is a lamp for my feet,
a light on my path.

A silhouette of a person standing on a rock in the ocean at sunset, with arms outstretched, and the text "2 Timothy 3:16-17" overlaid in white.

2 Timothy 3:16-17

A silhouette of a person standing on a rock in the ocean at sunset, with arms outstretched, and the text "2 Timothy 3:16-17" overlaid in white.

2 Timothy 3:16-17

A person stands on a beach at sunset, their arms outstretched in a gesture of praise or surrender. The person is silhouetted against the bright, low sun, which casts a long, dark shadow on the wet sand. The sky is filled with soft, colorful clouds in shades of orange, red, and blue. The water of the ocean is visible in the background, reflecting the colors of the sky.

2 Timothy 3:16-17

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

A silhouette of a person stands on a rock in the ocean at sunset, with arms outstretched. The sun is low on the horizon, casting a warm glow across the sky and reflecting on the water. The text "Hebrews 4:12" is overlaid in white in the center of the image.

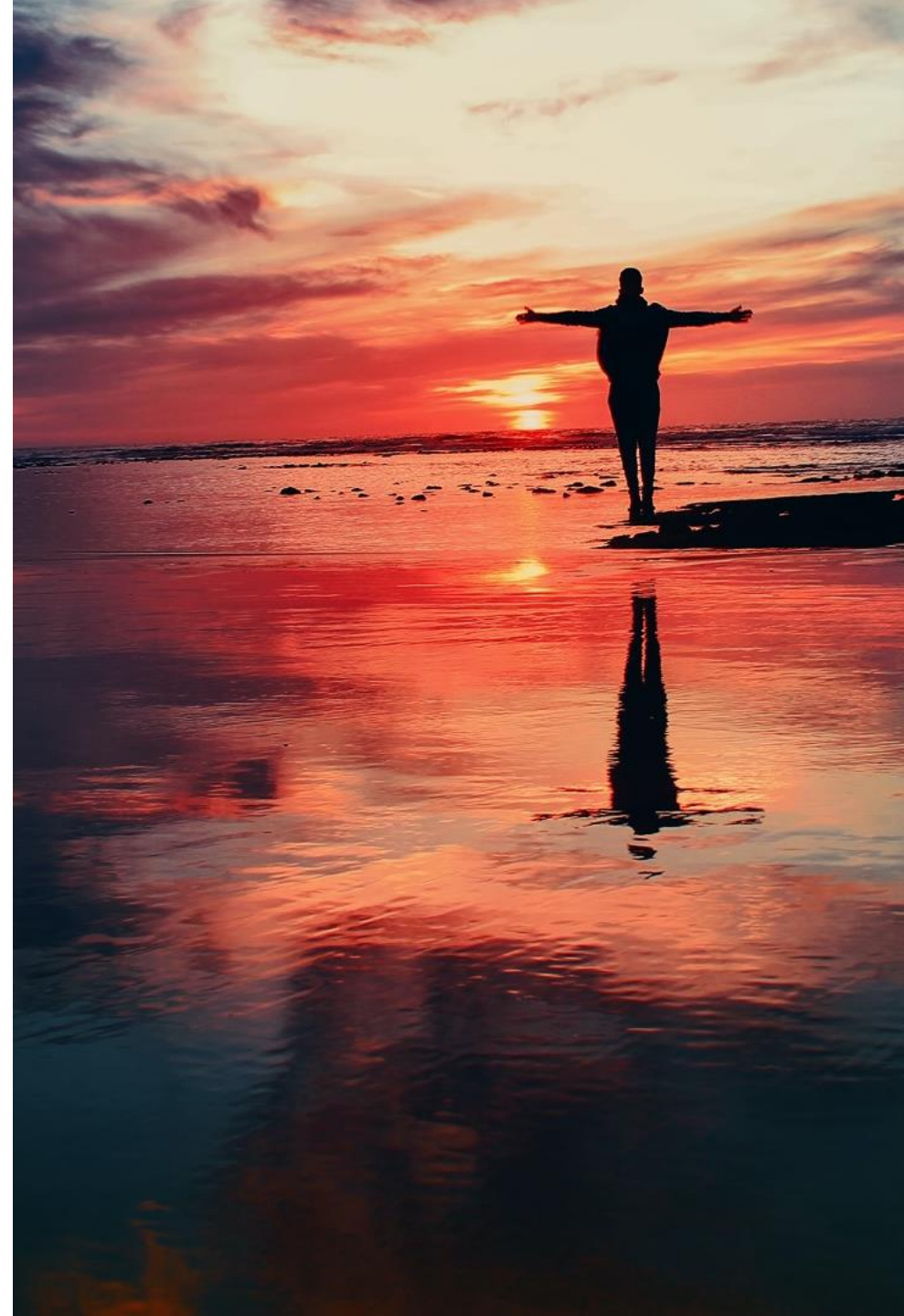
Hebrews 4:12


A silhouette of a person standing on a beach with their arms outstretched, facing the ocean at sunset. The sun is low on the horizon, casting a warm glow over the water and sky. The person's reflection is visible in the shallow water in the foreground. The sky is filled with soft, colorful clouds in shades of orange, red, and blue.

Hebrews 4:12

Hebrews 4:12

¹² For the word of God is alive 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.



A person stands on a beach at sunset, their arms outstretched in a gesture of praise or surrender. The sun is low on the horizon, casting a warm glow over the sky and reflecting on the water. The sky is filled with colorful clouds in shades of orange, red, and blue. The person's silhouette is reflected in the shallow water in the foreground.

Spiritual Disciplines

ATTENTION WITH INTENTION

Discipline of Bible Study & Memorisation

A person stands on a beach at sunset, their arms outstretched in a gesture of openness or prayer. The person is silhouetted against the bright, colorful sky, which is filled with soft, wispy clouds. The sun is low on the horizon, creating a warm, golden glow. The water in the foreground is calm, reflecting the colors of the sky and the silhouette of the person. The overall mood is peaceful and contemplative.

Choosing To Intentionally Focus
On Scripture So That We
Store It Inside Ourselves

2 Timothy 3:16-17

¹⁶ All Scripture is **God-breathed** and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

A person stands on a beach at sunset, with their arms outstretched. The sun is low on the horizon, creating a vibrant sky of orange, red, and blue. The person's silhouette is reflected in the wet sand. The text "God Is Speaking To Us Through Scripture" is overlaid in a white box with a thin black border.

God Is Speaking To Us
Through Scripture

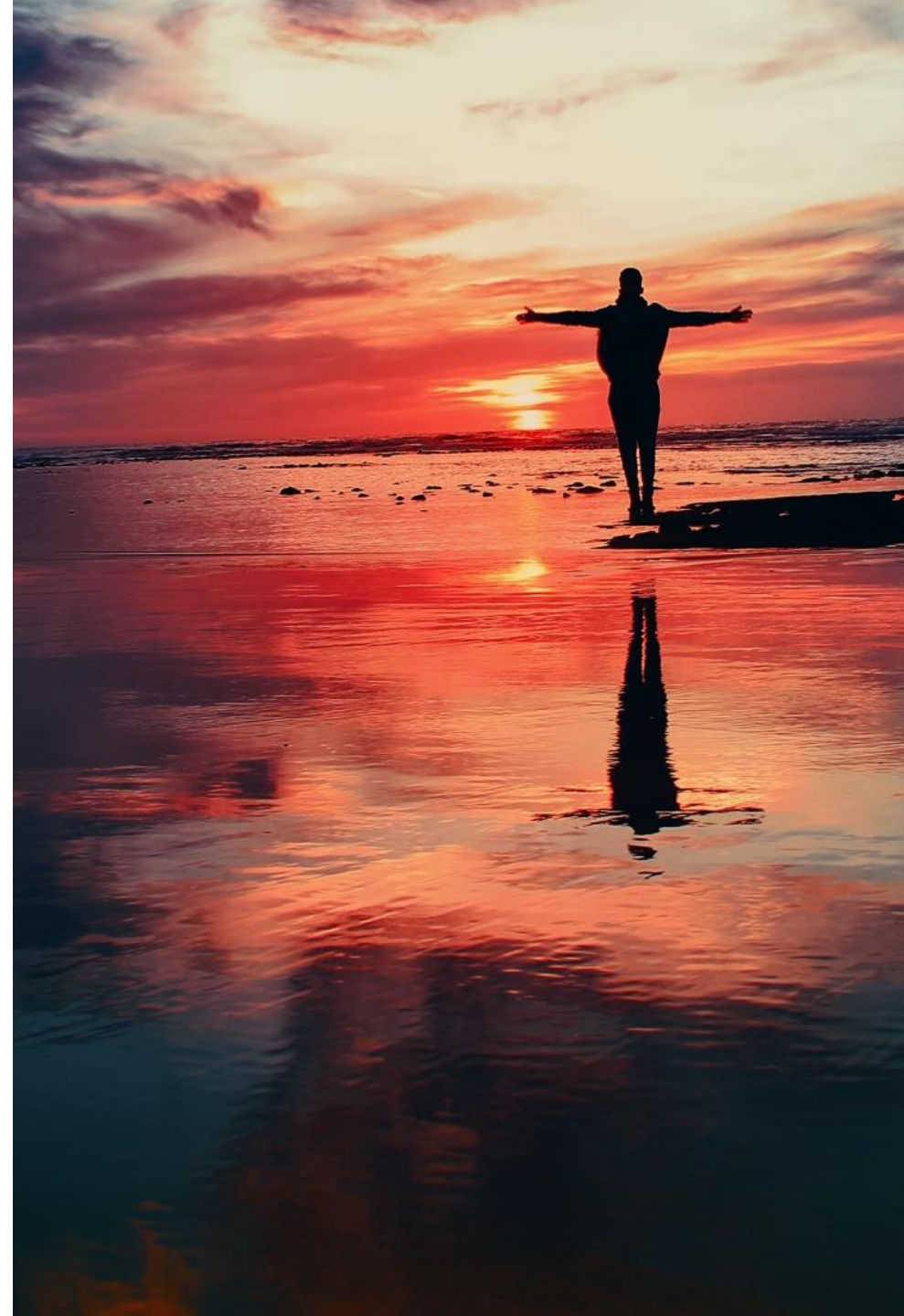
A person stands on a beach at sunset, their arms outstretched in a gesture of praise or surrender. The person is silhouetted against the bright, orange and red sky. The water in the foreground is calm, reflecting the colors of the sunset and the person's silhouette. The entire scene is framed by a white, hand-drawn border.

2 Timothy 3:16-17

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ **so that the servant of God may be thoroughly equipped for every good work.**

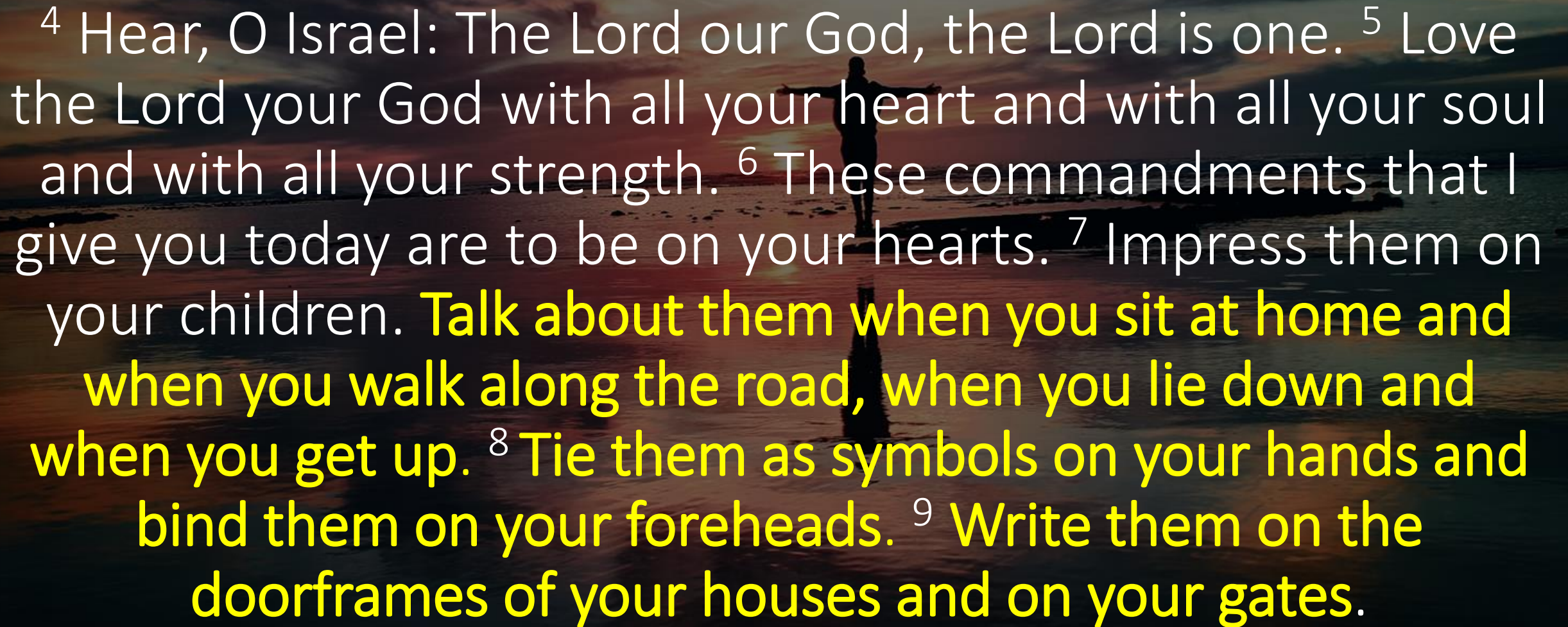
Hebrews 4:12-13

¹² For the **word of God is alive 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.** ¹³ **Nothing in all creation is hidden from God's sight.** Everything is uncovered and laid bare before the eyes of him to whom we must give account.



A person stands on a beach at sunset, their arms outstretched in a gesture of openness or surrender. The sky is a vibrant mix of orange, red, and purple, with the sun low on the horizon. The person's silhouette is reflected in the calm water of the ocean. The overall mood is one of peace and reflection.

Scripture REVEALS
Who We Are

A person stands on a beach at sunset, with their arms outstretched towards the horizon. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The person's reflection is visible in the shallow water on the sand.


⁴ Hear, O Israel: The Lord our God, the Lord is one. ⁵ Love the Lord your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. **Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.**

- Deuteronomy 6:4-9



Mezuzah


⁹ Write them on the doorframes of your houses
and on your gates.

A person stands on a beach at sunset, their arms outstretched in a gesture of praise or surrender. The sky is a vibrant mix of orange, red, and purple, with the sun low on the horizon. The person's silhouette is reflected in the wet sand. The text is centered in a white box with a thin black border.

We Store Scripture
Inside, Ready for Life

A person stands on a beach at sunset, their silhouette centered against a vibrant sky of orange, red, and blue. Their arms are outstretched horizontally. The person's reflection is visible in the calm water in the foreground. The text is overlaid in white, centered horizontally and slightly above the vertical center.

Choosing To Intentionally Focus
On Scripture So That We
Store It Inside Ourselves

A person stands on a beach at sunset, their arms outstretched in a gesture of prayer or praise. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting in the calm water. The person's silhouette is clearly visible against the bright sky, and their reflection is mirrored in the water below. The overall mood is peaceful and contemplative.

Bible Study:
S – Scripture
O- Observation
A – Application
P – Prayer

[16] ALL SCRIPTURE IS GOD-BREATHED
AND IS USEFUL FOR TEACHING,
REBUKING, CORRECTING AND TRAINING
IN RIGHTEOUSNESS, [17] SO THAT THE
SERVANT OF GOD MAY BE THOROUGHLY
EQUIPPED FOR EVERY GOOD WORK.

2 TIMOTHY 3:16-17 NIV



MEMORISATION

A person stands on a beach at sunset, their arms outstretched. The scene is reflected in the calm water in the foreground. The sky is filled with vibrant colors of orange, red, and blue, with scattered clouds. The overall mood is contemplative and serene.

So What?



So... What Is Your First Step?

Start a habit of going DEEPER by studying the Bible or Memorising Scripture (Handouts Available)

Join A Home Group – Study The Bible In Community and In The Context of Life

Choose to Memorise a verse – Write it out and place it where you will see it