



Sunday, October 17, 2021

Sermon Title: “Scripturally Fit”

Text: Psalm 19:

Guest Speaker: Dr. Bill Kehoe, GracePoint Elder

Main Idea: Just as it’s important to maintain physical and mental fitness, we must study the Bible to maintain spiritual fitness.

Two important things to remember about Bible study (Psalm 119:73 and John 14:15-17):

1. God _____ us to learn his commandments.
2. God _____ us to learn his commandments.

God has chosen to reveal Himself to us (Psalm 19:1-14)

1. Nature speaks of God’s glory and works: Natural (or General) Revelation (Psalm 19:1-6)
 - a. God’s creative works testify of His existence and glory.
 - b. God’s natural revelation itself is not enough to lead one to salvation.

Romans 1:18-32: The lost will look at God’s natural revelation and left to their own wits They will 1) suppress truth, 2) become futile in thinking, 3) have their hearts darkened, and 4) exchange truth for lies.

2. We are changed when we study and obey God’s words: Special Revelation (Psalm 19:7-9)
 - a. God reveals Himself specifically in various ways including 1) His law, 2) His testimonies, 3) His precepts, 4) His commandments, and 5) His rules.
 - b. Study and meditation on God’s Word leads to 1) revival of the soul, 2) wisdom, 3) rejoicing of the heart, 4) enlightening of the eyes, 5) fear of the Lord, and 6) instruction in righteous living.

God’s special revelation of Himself tells us the way of salvation and how to live a life that pleases Him.

3. There are great riches awaiting those who study and obey God’s words.
 - a. Consistent study of God’s word leads to 1) increased desire for more of it, 2) spiritual growth, 3) awareness of sin and the need for repentance, 4) a life more pleasing to God.

Here’s a question to ponder. How would you reconcile what David is saying about the “law” in Psalm 19 and what Paul teaches in the book of Romans about the “law?” (Hint: think about the Gospel)

Here are some resources to help you become a better student of the Bible:

1. Commit to reading scripture daily along with prayer and meditation.
2. Join one of the many Bible study groups at Grace Point Church.
3. Use Pastor Perry’s weekly sermon notes for in-depth study and consider buying a commentary.
4. Take a free online course on how to study the Bible. Google “free online courses” for both Dallas Theological Seminary and Southeastern Baptist Theological Seminary.
5. Make sure to apply what you learn!