

INTRODUCTION



Do you ever feel weary or overwhelmed? Are you completely exhausted by the end of the day and are not sure how you are going to make it through tomorrow? Do you question whether you are intelligent enough, have the necessary strength, or the time and energy needed to do and be all that God has called you to? Then I have some great news for you! The Bible makes it abundantly clear that we are fully equipped in Christ for all things! In this powerful and practical series, we will dig deeply into four passages that explain our equipping To Understand (Psalm 119:97-104), To Stand (I Corinthians 10:1-13), To Live (II Peter 1:1-11), and To Serve (II Timothy 3:1-17).

HOW TO USE THIS STUDY

This study can be used by an individual, in a small group or in a large group setting. There are four video sessions and the **handouts** that go with each are included in this book, along **with permission to copy and distribute** them. The

notes will appear in the videos as they appear on the handouts, making note taking simple. The "answers" or filled in blanks are also included.

Whether alone or with others, it is always a good idea to begin each session of any Bible study with a time of worship in song and prayer. If doing this study in a group, a time of discussion can follow the videos.



Are you ready to discover or be encourage that you are fully equipped? Are you excited to seek God's thoughts and heart on this subject?

Then let's begin!

Session One in "Fully Equipped" Series TO UNDERSTAND Psalm 119:97-104

PERS	SPECTIVE & RESULTS (Psalm 119:97-98)	
	ple: Loving God's is really loving	
Medit	ation: Keeping Scripture with us and allowing God to	to
	through it in our hearts, minds and lives.	
Some	results from loving and pursuing God's Word:	
1.	Gain wisdom that is and	to help
	us in life (v.98). (James 1:5-6, Ps. 19:7, Pr. 1:1-4;2:6)	
	a) Knowledge → The ability toand	the truth.
	b) Wisdom → The ability to put knowledge into it to life.	and
2.	Gain great (more than teachers) (v.99)	(Jer. 29:13-14, Luke 11:9-10)
	★ We tend to see learning as asupposed to be with God's Word. (Heb. 4:12, II Tim. 3:16-17)	
3.	Gain more understanding, not merely by	on the Word, but
	<i>ti</i> (v.100). (Junes 1.22-23)	

	very wrong path (v.1	
Truth: God is our ultimate us is the	of Scripture, so we	member, His Holy Spirit within are fully equipped to (Is. 55:10-11, Ps. 25:4-5, Mark 9:17-24)
of love and	- not merely to avoid , and a desire to	
Principle : We should obey God	• 1	1

DISCUSSION/REFLECTION QUESTIONS

for Session One – To Understand (Psalm 119:97-104)

1.	Please share your thoughts/insights on the passage or the message that was shared.
2.	In what ways do/can you take God's Word with you and meditate on it throughout the day?
3.	Do you see learning as a passive activity? What specific things can you do to change that when you study the Word?
4.	Do you believe that you are equipped to understand God's Word? What keeps you from accepting this truth and putting it into practice?
5.	Share some ways in which God has directly taught you through His Word.