

# How to use prayerandbiblestudy.org

## The daily devotions

At the heart of this site are the daily devotions.

### **AVAILABILITY**

All the material is copyright, but the author makes the devotions and Bible studies on this website freely available for your private use or for Bible study or prayer groups. If you wish to use this in any other way, please consult the author (no publishing is allowed without His permission).

### **ACCESS TO THE DEVOTIONS**

You can go to each day's devotions in one of two ways:

- **FROM THE FRONT PAGE** Click on the date you require
- **FROM THE SELECTIONS PAGE** on any page of the website, click the link in the top right hand corner 'select devotions'. This page contains a wide variety of links and is the central 'hub' of the website. Select the date you require from this page.

### **DOING YOUR DEVOTIONS**

Once you have clicked a date to start, you will be directed to the 'devotions' page for the day; this contains the first elements of your devotions. These are

- **A PRAYER:** Use this as you wish. It is always a prayer of praise addressed to God.
- **PRAYER SUGGESTIONS:** These are ideas you can take up to assist your prayer life.
- **MEDITATION:** A variety of reflections on Christian themes

After you have used the prayers and meditation, you will find you face a choice at the bottom of the page. You may either

- **select the day's recommended Bible study.** This takes you to a page where you will find the Bible study for the day in the form of a review, 'going deeper' notes, discipleship notes including application of the text.
- **select your own Bible study.** This link gives you options for a wide range of Bible studies from which you can choose
- **or select the author's latest work.** The author does not always present his latest work as the recommended Bible study. In this case, you can access it via this link.

### **BIBLE STUDY PAGES**

The website contains many Bible study pages for you to explore. As you use the site, you will become familiar with what is available. Remember that the author is writing Bible studies eventually to cover the whole Bible, so the range of what is available is gradually increasing.

### **DICTIONARIES**

The site holds five dictionaries of Biblical words, places, names, events in the Bible, and books of the Bible. Follow any dictionary link or click on any RED words in a study to obtain a pop-up window with a dictionary description of that word.

## Downloads and Audio files

A variety of downloads are available to help the user. Instead of sitting in front of the computer, you can download a wide variety of devotions either in pdf format or as audio files.

### ***DOWNLOADS - (DL)***

You can download each day's devotions as a 'pdf' file, and print it out. On any list of devotions, click on the nearby 'DL' for the relevant download. The devotions will appear on your computer as a standard 'pdf' format. Some may prefer this for reading the devotions because it is in black and white, especially if they do not like the colours used on the site.

The site contains a dedicated page entitled 'downloads'. This contains most of the devotional downloads for the last four years. It is a store of information for those wishing to research the Bible or use past material.

Please note: The downloads can only be read if you have Adobe Reader installed. Most computers have this already, but if you do not, then you can download it free from [www.adobe.com](http://www.adobe.com)

### ***AUDIO FILES - (AF)***

You can access an audio file of each day's devotions (containing the brief Bible study only). At this time, the author's software does not support the streaming of audio files, but it is hoped that this will change. Recordings are a relatively recent innovation, so the page containing all available audio files is as yet limited in range.

## How to establish regular devotional disciplines

### ***TIME TAKEN***

The devotions will vary in length depending on which sections you chose to use. The prayers, meditation and brief Bible study will take about ten minutes, but full devotions using every available feature could take between  $\frac{1}{2}$  and  $\frac{3}{4}$  of an hour. It will be helpful to allow time to think and pray apart from the discipline of using this material.

### ***DIFFERENT WAYS TO USE THE MATERIAL***

Some people find a daily discipline difficult, but there is no shame in using the time differently or flexibly. Find a pattern for using the site that suits you best, and prayerfully submitted this to God. It may be, for example, that weekdays are best, but not weekends. Certainly, if you are only able to use the devotions for a few days each week, you can always catch up on the Bible studies from where you last accessed them. The Bible study pages **DO NOT DISAPPEAR** from the site.

I suggest you make your routine of devotions a matter of prayer, and select those resources that are right for you.

### ***A VOW TO GOD***

In Old Testament times, making a discipline of devotion to God would be thought of as a 'Vow', something like a holy contract with the Lord. Such a vow should not become oppressive, however. If your devotions become hard to sustain, prayerfully reconsider everything and change what you do. Talk to the Lord about it; for He is not a legalistic taskmaster, He is our friend, encourager and advisor. The discipline of a vow is for our benefit, not His, and He will help us work out what is right.

## Weekdays and Weekends

**WEEKDAY AND WEEKEND SPLIT** The Bible studies are organised in the following way:

- Monday, Tuesday, Wednesday, Thursday, Main weekday Bible study.
- Friday, Saturday, Weekend Bible study (shorter).

The week is split like this to provide variety for the user. If the main Bible study is from the New Testament, the weekend Bible study will be from the Old Testament, and vice-versa.

In addition, the weekend Bible study contains only a review of the Bible passage and does not have the full facility of 'going deeper' study notes and application. This arrangement also ensures that the author is able to take a reasonable amount of time off at the weekend, whilst maintaining the daily cycle of the web site.

### ***DISCIPLESHIP CHALLENGES***

During the week, the user is encouraged to use the site's scheme of 'Discipleship Challenges' (see page with this tile). In the cycle of these challenges, the weekends are a good time to assess what has happened within the last week, and decide what challenges may be appropriate for the next.

### ***SUNDAY - SABBATH***

On Sunday, the author provides a prayer, prayer suggestions, a meditation, and a 'thought for the day', from the writings of other Christians through the years. This makes a break from the usual pattern and allows the author to have a weekly 'Sabbath'.

## **Using the prayers**

### ***OPENING AND CLOSING PRAYERS***

The opening and closing prayers are all written by the author, but reflect different styles and cover a wide range of subjects. Only the closing prayer is linked to the Bible study theme.

All the prayers are either prayers of worship to God, prayers about others (intercession) or prayers about personal concerns (petition). These different categories are mixed up on a daily basis, so that together with the meditation and the 'suggestions for prayer' (see below), most aspects of prayer are covered in any one day.

### ***SAYING YOUR OWN PRAYERS***

When there are suggestions about saying your own prayers, they may include:

- Suggestions about how you might pray for something
- Instructions on how to go about using a particular type of prayer
- Ideas about what to pray for by yourself.

It is important for each of us to grow and develop in how we pray. Unfortunately, praying has become a thing of fear for many Christians; people even say 'I can't do it'. However, we can all talk to God, and if we know Him as Saviour, He is our friend (John 15:15). Prayer is a great privilege of course, and the place to start is with words of normal conversation, and there is nothing to be afraid of. Your own prayers are very important to the Lord, as He really does want to know what comes from your heart.

### ***'SUGGESTIONS FOR PRAYER'***

Each day there are suggestions for prayer based upon a weekly theme, and they are provided for your own use in intercession. You can take these prayers as far as you like. A brief prayer is helpful, but the topics may sometimes provoke you to research the subjects further before praying. In this way, you broaden your own understanding and experience of both prayer and the world in which we live.

## **Using the meditations**

### ***USING YOUR MIND TO WORSHIP GOD***

Meditating is, for the Christian, nothing less than allowing our minds to dwell without distraction on our Lord and God. It is a way of using our minds to worship the God who made us, and to put thought, reason and reflection into our faith. A meditation is provided every day, sometimes in poetic form, to help you do this.

## ***FILL YOUR MIND WITH WHAT IS GOOD***

Some think it is unchristian to 'meditate' because other religions do it! Really, meditating just means 'thinking about', as in Philippians 4:18 'whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable ... if anything is excellent or praiseworthy – think (meditate) on such things'. Indeed, Psalm 1 encourages us to meditate on the 'Law of the Lord'.

So then, Christian meditation should fill your mind with what is good and of God. Other religious practices use meditation to do other things with the mind; techniques used in some cults are rather like brainwashing, and others such as Yoga focus on 'emptying' the mind. This is not the Lord's way. His way is to liberate us to think about and experience the world as free individuals, and the Scriptural model of meditation is based on 'wisdom', the art of reflecting upon what is right and wrong in the world. As we meditate and He fills our minds with what is good, and He blesses us.

## ***THEMES***

There is no structure to the themes provided by the meditations. As with the prayers, the variety provided by the authors own spontaneous selection of subjects from a wide variety of sources enables different people with different interests or concerns to connect with the devotions.

## **Using the Bible studies**

### ***STUDYING THE BIBLE***

Studying the Bible is the privilege and duty of all Christians, by which we broaden our own faith and understanding of God. For this reason, the full range of study material on each Bible passage is considerable. Please do not be put off by this. Start by using the review, and build up to using the other 'going deeper' notes and application. The aim is to give the reader a comprehensive understanding of the text.

Careful study is like giving yourself permission to allow God's Word to dwell in your mind, so that you can engage in some serious thought. You should feel free to make connections with the life of Faith, as people have done for centuries, and the Holy Spirit will work in your mind to bring a focus to your thoughts if you have submitted your study to Him.

### ***BIBLE TRANSLATION***

The Bible study uses the author's own translation of Scripture. In most studies, there is a section in the main Bible study called 'NOTES ON TEXT AND TRANSLATION' which explains how awkward parts of the text have been translated.

Some might feel that it is not necessary to study these things. However, most modern versions of the Bible vary considerably, and ordinary Christians have the right to know why. Uniquely amongst modern Bible study notes, these devotions offer a justification for the translation of the text and explain its complexities. It is crucial for people to know what the words of the Bible actually mean, if we are to believe what it says as the 'Word of God'.

### ***A PATTERN OF STUDY NOTES***

The notes follow a pattern. They begin with a section entitled 'REVIEW' which summarises the message of the text and gives a brief message. This can be byr those who only have a short time.

The Bible study continues with 'GOING DEEPER', a section contqaining the notes on the translation of the text, and further itmes of interest.

Lastly, the Bible study contains a section entitled 'Discipleship' which contains some notes on 'application', followed by questions for group discussion and suggestions for Christian discipleship.

### ***PASSAGES STUDIED***

Since the website began in 2005 many books of the Bible have been studied, and much of this is available on site (the author reserves the right to change or amend Bible studies). You can find out what Bible studies are planned on the 'Schedule' page, accessed from the links par at the top of each page.

## **Using the questions provided**

### ***USING THE QUESTIONS PROVIDED***

On the final 'Discipleship' page, you will find a set of questions which relate to the text and the study for the day. They are designed to do one of two things; either to assist you as you reflect upon the passage you have studied, or to be used by Bible study groups. It is not the primary purpose of the website to assist Bible study groups, so you will not find that the questions cover all the necessary ground for exploring a given text. It is hoped they will be a useful starting point for Bible study group leaders as they prepare for guiding discussions.

If you use the questions to prompt your own thoughts, privately, please be careful. Do try to respond to what the Holy Spirit is saying to you directly through your study of the Scripture text, rather than through the study provided and the questions. These are written with the intention of helping you find what the Lord is saying to you through the text, not to dominate what you think of it.

## **Discipleship challenges**

### ***A PLAN FOR CHRISTIAN DISCIPLESHIP***

The material provided in this website is a new approach to the disciplines of Christian living. At the end of every study, I offer some thoughts about how the text might effect Christian lifestyle and discipleship. It would be impossible for anyone to take up all the issues that are raised, so please read them out of interest, but do the following in order to keep to a plan for developing your Christian discipleship.

### ***LIFESTYLE CHALLENGES***

Firstly, please read the website page devoted to 'lifestyle challenges' and download the guidelines for your own reference. To begin with, it is best if you choose one of the subjects mentioned on this page to get going with your lifestyle challenges. These include such things as fasting, giving practical help to neighbours or praying for friends. The lists of suggestions on the Lifestyle Challenge page are suggestions, and are certainly not exhaustive. Decide what is right for you, and adapt them as you wish.

When you are used to the programme, then you will be able to read the discipleship comments at the end of each study and spot issues that you can make into challenges yourself; things you feel that the Lord is asking you to follow through. The worksheet available on the 'resources' page are useful for all such challenges, whether selected from the published list or chosen by you from the daily devotions.

The idea behind this is that we hold together the two great challenges of the Christian faith, our relationship with God and our relationship with others. Day by day, you respond to the issues of discipleship that the Holy Spirit brings to your attention. This can be spiritual and practical hard work!

### ***FAILURE?***

It is almost impossible to take on any challenge and not have to deal with failure. Sometimes what we plan does not work out or is not well received. We should expect these problems sometimes. Think about why things have gone wrong, and come prayerfully before the Lord to try and sort it out. We often learn more from our mistakes than from our successes!

### ***SUCCESS!***

Taking on lifestyle challenges will certainly help you to live out your Christian faith with fresh vigour. It may seem daunting at first, but it is not hard to follow. Those who have done this

programme testify to its life-changing effects; problems overcome, new relationships established, and a new sense of God's presence in the ordinary things of life.

## **Other comments**

### ***CHOOSE TO CHANGE YOUR LIFE***

If you have not had regular devotional times before, this website is essentially an invitation to change your life. When people decide to change their lives and do God's call whatever it is, then revival happens in the life of one person. Taking up the challenge of regular devotions that are focussed on the traditional truths of Prayer and Bible study is life changing.

### ***THE WEBSITE MATERIAL IS FREE FOR USE AS YOU WISH***

The material available on this website is free. It has been written for committed, daily use, and the author hopes that however much or little of it you use, you will strive to use it regularly. It is designed to help you uncover the inner strength and guidance God offers you through Jesus Christ and the Holy Spirit, not just when you feel like it, but regularly.

### ***PRACTICAL TOOLS FOR HANDLING REAL LIFE***

The author does not pretend to offer simplistic solutions for your own troubles or those of the world, society, your church, or your family. He hopes that if you take up the challenge of this website, you will have the tools to deal with the ups and downs of real life in a practical way, confident in the ever present Holy Spirit to guide you.

### ***CHOOSE TO MAKE A DIFFERENCE***

As you use this website, pray that by the power of God's Holy Spirit you will find the vigour, calling, insight, self-control, maturity, honesty and humility to make a positive difference in this world. Pray also that any evil that prevents you pursuing a Godly life be defeated in the name of Jesus Christ.

### ***RENEWAL and REVIVAL***

The author is convinced that the evidence points to prayer, Bible study and disciplined Christian living as the beginning, the means, and the end of Renewal and Revival, whatever the culture or time (in history). He seeks to live what he preaches.

### ***'COMMON' ENGLISH IS USED***

Technical theological or 'churchy' words are avoided, but sometimes they are an indispensable shorthand for ideas which cannot be expressed any other way. There is a 'Dictionary' page on this website where such words are explained. The dictionary is a feature of the site that will grow with time and will be added to as the author is able so to do.

### ***ADDRESSING GOD***

I use the expressions 'God' and 'the Lord' interchangeably, as do the Psalms. In commenting on individual texts I use whichever term is used most in the verse or psalm I am describing. The pronouns referring to God ('You', 'Your' etc.) are capitalised. This implies a sense of the awesomeness of God, similar to the praise of God in the Psalms.

My hope is that these guides will be an aid to your spiritual journey. I expect that you will sometimes agree with what I write, and sometimes disagree. If you think I am wrong, then explore further by yourself and see where it leads. God has much more to say than one person can write. I hope your journey will be fruitful.