

**Intro:** Suppose I could greatly reduce your emotional struggles, drastically decrease your susceptibility to temptation, supercharge your spiritual life all at the same time, and it would take is just 15 to 20 minutes a day!

Look at the screens: If you could have this kind of result in just 15 to 20 minutes a day! Would you do it?  
Study done by Center for Bible Engagement: 100,000 people over 8 years...And just 15 to 20 mins a day of:  
Bible reading, Bible Study, Bible Memorization, Bible Reflection, any other engagement with Bible

This should not come as news to us...because that is exactly what Author told us in Heb 4:1-12  
**5 Reasons Reading The Bible Will Transform Your Life**

**1. Because The Word Of God ACTS As A Catalyst For Your Faith.** Heb 4:1-3

**Catalyst:** *A substance that accelerates effectiveness, reaction and rate of change in something else!* (Chemical)  
Notice what author says in vs 2: Message (Word of God) was of no benefit because they didn't MIX it w faith!

**Analogy:** Physical Rest in land of Canaan: God had a place of rest for them, no more desert, struggle, strife LAND  
Spiritual Rest for us in Him: Where our anxiety, depression, control, temptation, growth...all in line!  
Author says: They didn't get the physical rest (Canaan) because they didn't believe (God and spies)  
If YOU and I don't believe...the word of God...the message, mix with faith..We miss it too!  
But as with every catalyst, you have to have the right ingredients, right amount, and right mix!  
Here is the formula: Word of God 4x + Faith(*size of mustard seed*) = *Spiritual transformation*

So, Word of God 4x or more a week PLUS your commitment to believe what it says and act on it = Transformation  
When we have those things...Word and Faith, Then spiritual growth and transformation takes place!

**Applic:** If spiritual transformation isn't taking place, one of three issues are in play

- Not engaging with the Word 4x a week (Sunday am sermon, not enough!)
- Not acting in faith: Heb 4:7 "When you hear/read, don't harden heart...BELIEVE"
- Not mixing correctly Heb 4:11 "Make EVERY EFFORT to enter His rest!" Work Diligently!

Now is the time to make adjustments: Book of Devotions: Small Group: Bible Reading: Bible Memorization

We need the Word of God because it acts as the catalyst we need for spiritual transformation

**2. Because The Word of God ADDS Spiritual Life And Power To You When You Need It.** Heb 4:12

**Living:** Lit = Spiritually Alive! God's word is not dry, dull, dead ink smears on a page of paper.

**Active:** Lit = Spiritually Powerful! God's word contains God's power! When we engage "plug into his power"

It contains true spiritual life, and when you engage with it, that spiritual life is transferred to you! HIS life in you!  
It contains true spiritual power...and when you engage with the Word it "Powers you Up!" (Video Game!)

Bible tells us that we were "*dead in our trespasses and sins*" and when we met Jesus received new spiritual life  
But...what happens is, that life begins to fade sometimes. We grow tired. We get weary. Worn down and worn out  
Constant battle between the carnal man and the spiritual man:

- Carnal Man: (were) Man living in power of flesh, physical, own thoughts, motives, ideas and strength
- Spiritual Man (are) Man living in the power of the spirit. God's strength, God's ideas, motives

Ro 8:6 *For to be carnally minded is death; but to be spiritually minded is life and peace.*

When we engage with the Word of God...it is so alive, so powerful, that it energizes us...gives us spiritual strength and power! When we DON'T engage with the Word...we cut ourselves off from His life and power...run down!

Is 40:29 "*He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*"

When you engage with the Word of God, it empowers you, energizes you, renews you and strengthens you!  
It doesn't always show up immediately. Just like when you eat the right food it needs time to process and work its way into your body, so the Word of God adds spiritual life and adds spiritual power. Read it, Mix with Faith!!!

### 3. Because The Word of God Separates The Spiritual From Non-Spiritual In Your Life.

Heb 4:12

*Vs 12: It divides between soul (physical) and spirit (Spiritual)*

We can't always distinguish what is right and what's wrong! What is God at work and my ideas and plans at work. Many times, God's way is not my way, and what seems right to ME is not at all what God would have me do. I need help to understand what the right direction and decision is from His perspective. If I trust myself...I get it wrong: When I read the Word of God...I get clarity!

When I read the word of God it not only shows me God's way, but it reminds me just how much I need HIS power at work in my life to do His work. If we aren't careful we start to think...*"I know how to do this...I have this...been there, got T-Shirt!"* And with that attitude I launch into ministry in my own strength, From Flesh, Not Spirit FAIL

But then I read: Jn 15:1: *"I am vine, you are branches, abide in me...apart from me do nothing"* Clarity!

All of a sudden, the things that seems so right to me...come clearly into focus as wrong, because now I can see things God's way...from His perspective! Jesus said, *"You heard it said, eye for eye, tooth for tooth"* I feel that! *Then I read: But I say...Love your Enemies* pray for them it comes into perspective. Hard to do...but I know!

Prov 14:12 *"There is a way that seems right to a man...but the end leads to death!"*

When I read the Word of God...it gives me light, and direction, and clarity and truth...God's truth..not mine!

### 4. Because The Word of God Evaluates My Heart And Mind.

Heb 4:12

Every time I hear someone say, "I'm just following my heart...It will lead me to do the right thing!" NO IT WONT Bible says heart not to be trusted! Jer 17:9 *"Deceitful above all things and desperately wicked who can know it?"* If you follow your heart, and do what IT wants you to do, it will destroy you! Sin nature is still alive and well! But...when you read the bible...reflect on what it has to say...memorize it...hide it in your heart...Reveals Truth!

Your HEART will tell you, That other man, that other woman understands you in a way your wife or husband simply can't. Your HEART will tell you, It's ok to take those things...they OWE you more than they are paying you anyway. Your heart will tell you, gather as much as you can for yourself...take care of you...forget everyone!

But when you read the Word, it helps you evaluate your heart! When it does that...keeps you out of trouble!

- Heart says: Feed Bitterness Hate the one that hurt you Don't forgive or forget Never get better

But the bible functions as a CRITIC of the Heart! Judges: Lit = *discerner: discriminate between right and wrong*

Left to our own way, without reflection or input from the word of God...Your heart will destroy you! But when your heart is submitted to God, when your heart is evaluated and judged, measured by the Word: REDEEMED

But listen to me: It can't be just once a week! Not enough! It can't be just one sermon, listening to one devotion every once in a while. That's like going to the gym once a week and thinking your are going to change. NEVER! That's why the Center for Bible Engagement study was so important. Tells us what is needed 4x a week!

### 5. Because The Word of God Exposes My True Character.

Heb 4:13

Three words used here that are essential to understand.

- Hidden: Everything is seen...NOTHING however small, escapes His sight: Word shows it all
  - Uncovered: Lit = Naked: Like Adam and Eve trying to hide in the bushes, and with leaves: He SEES
  - Laid Bare: Lit = To expose the throat, to seize by the throat! Totally exposed and vulnerable
- Good Will Hunting: Robin Williams GRABS him by the throat: I will END YOU!

That is what the Word of God does FOR us...and To us! And THAT is why all too many times.. We don't read! The bible tells us that when we stand before Jesus everything in our life, every thought, action, word, attitude will be laid bare. The good news is that we don't have to wait and wonder what needs to be changed. Every time we read the bible, every time we reflect, every time we memorize or study...we have he opportunity to deal with our issues now...without waiting for the future.

Concl: Preaching class...One thought...One thing you want people to do: Here it is:

I want to challenge you, encourage you, plead and beg with you...Commit today...4x a week engage with bible! If you do...this is what you can expect!

LORD'S SUPPER