

HABITS OF A HEALTHY DISCIPLE

SESSION 1

INTRO TO DISCIPLINES & SCRIPTURE INTAKE

LEARNING
LABS

September 17, 2025

- 9 ¹Because of his strength I will give heed unto thee;
For God is my high tower.
10 My God with his lovingkindness will meet me:
God will let me see my desire upon mine enemies.
11 Slay them not, lest my people forget:
Scatter them by thy power, and bring them down,
O Lord our shield.
12 For the sin of their mouth, and the words of their lips,
Let them even be taken in their pride,
And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more:
And let them know that God ruleth in Jacob,
Unto the ends of the earth.
[Sē'lāh]
14 And at evening let them return, let them howl like a dog,
And go round about the city.
15 They shall wander up and down for food,
And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning:
For thou hast been my high tower,
And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises:
For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.

For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-naharaim and with Aramzobah, and Joab returned, and smote of EDOM in the Valley of Salt twelve thousand.

- 60 O God, thou hast cast us off, thou hast broken us down;
Thou hast been angry; oh restore us again.

¹ Acc. to Sept. and Vulg., My strength Or, them that lie in wait for me ² Or, Make them wonder to and fro ³ That is, the life of testimony

- 2 Thou hast made the land to tremble; thou hast rent it:
Heal the breaches thereof; for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shē'chem, and mete out the valley of Succoth.
7 I will bring down the tower of the strong, and will bring down the high fortification.
8 Mo'ab is my washpot;
Upon E'dom will I cast my shoe:
Philis'ti-a, shout thou because of me.
9 Who will bring me into a strong city?
Who hath led me unto Edom?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

Confidence in God's Protection.

For the Chief Musician; on a stringed instrument. A Psalm of David.

- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

¹ Another reading is, me ² Or, languish ³ Or, Unto ⁴ Or, Who will lead me &c. ⁵ Or, With not thou, O God, who hast cast us off, and goest . . . hosts? ⁶ Heb. salvation ⁷ Or, falseth

- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me,
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. [Sē'lāh]
5 For thou, O God, hast heard my vows:
Thou hast ¹⁰given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life;
His years shall be as many generations.
7 He shall abide before God for ever:
Oh prepare lovingkindness and truth; they may preserve him.
8 So will I sing unto thy name for ever.
Thou art my rock and my salvation.
God alone a Refuge from Treachery and Oppression.
For the Chief Musician; after the manner of Shushan. A Psalm of David.
I will wait in silence for God only.
He only is my rock and my salvation.
He is my high tower; I shall not be greatly moved.
3 How long will ye set upon a man,
That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly. [Sē'lāh]
5 My soul, wait thou in silence for God only;
For my expectation is from him.
6 He only is my rock and my salvation:

⁸ Or, a rock that is too high for me ⁹ Heb. tent ¹⁰ Or, given a heritage unto those &c. ¹¹ Heb. is silent unto God ¹² Or, as otherwise read, Ye shall be slain &c. ¹³ Heb. be thou silent unto God

WHY CALL IT HABITS OF A HEALTHY DISCIPLE?

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O Lord our shield.
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13 Consume them in wrath, consume them, so that they shall be no more:
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Unto the ends of the earth.
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Thou hast been angry; oh restore us again.

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- 2 Thou hast made the land to tremble; thou hast rent it;
Heal the breaches thereof; for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shē'chem, and mete out the valley of Succoth.
7 Gilead is mine, and Manasse is mine;
Ephraim is my crown, Judah my scepter.
8 Mo'ab is my washpot;
Upon E'dom will I cast my shoe:
Philis-ti-a, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dom?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
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Confidence in God's Protection.

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- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me,
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. [Sē'lāh]
5 For thou, O God, hast heard my vows:
Thou hast ¹⁰given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life;
His years shall be as many generations.
7 He shall abide before God for ever:
Oh prepare lovingkindness and truth for me.
[Sē'lāh]
8 God alone a Refuge from Treachery and Oppression.
For the Chief Musician; after the manner of Jeduthun.
62 My soul is in trouble:
For God is my rock and my salvation:
He is my high tower; I shall not be greatly moved.
3 How long will ye set upon a man,
That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly. [Sē'lāh]
5 My soul, wait thou in silence for God only;
For my expectation is from him.
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⁸Or, a rock that is too high for me ⁹Heb. tent ¹⁰Or, given a heritage unto those &c. ¹¹Heb. is silent unto God ¹²Or, as otherwise read, Ye shall be slain &c. ¹³Heb. be thou silent unto God

PURPOSE OF SPIRITUAL DISCIPLINES

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SPIRITUAL DISCIPLINES...

A. Flow out of THE GOSPEL. We do them as a RESULT of our SALVATION not to EARN it.

634
9 ¹Because of his strength I will
give heed unto the Lord.
10 My heart is fixed upon him,
for he will deliver me from
all mine enemies.
11 Slay them not, lest my people
forget:
Scatter them by thy power,
and bring them down,
O Lord our shield.
12 For the sin of their mouth, and
the words of their lips,
Let them even be taken in
pride,
And for cursing and lying
which they speak.
13 Consume them in fire,
and consume them,
and let them know that
ruleth in Jacob.
Unto the end of the earth.
[Sē'lāh]
14 And at evening let them re-
turn, let them howl like a dog,
And go round about the city.
15 They shall wander up and
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And tarry all night if they be
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lovingkindness in the morn-
ing:
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For the Chief Musician; set to Shushan
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when he strove with Aram-naharaim and
with Aram-zobah, and Joab returned, and
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twelve thousand.
60 O God, thou hast cast us off,
thou hast broken us down:
Thou hast been angry; oh re-
store us again.
4 Acc. to Sept. and Vulg. My strength
Or, them that he has loved
Make them wonder to and fro
The 119 of testimony
22

PSALMS 60.2—62.6

635
2 Thou hast made the land to
tremble: thou hast broken the
rock, and thou hast made
the earth to quake.
3 Thou hast made us to drink the
wine of staggering.
4 Thou hast given a banner to
them that fear thee,
That it may be displayed be-
cause of the truth. [Sē'lāh]
5 That thy beloved may be de-
livered.
6 Thou wilt prove the taking sure;
His years shall be as many
generations.
7 He shall abide before God for
ever.
8 So will I sing praise unto thy
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That I may daily perform my
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God alone a Refuge from Treachery and
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From him cometh my salvation.
2 He only is my rock and my sal-
vation.
3 He only is my high tower and my
stronghold.
4 How long wilt thou wait on a
man,
That ye may slay him, all of
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Like a leaning wall, like a tot-
tering fence.
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vation:
8 Or, a rock that is too high for me 8 Heb.
tent 9 Or, given a heritage unto those &c.
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23

PURPOSE OF SPIRITUAL DISCIPLINES

SPIRITUAL DISCIPLINES...

B. Are for GROWING in CHRIST'S LIKENESS and GODLINESS.

PURPOSE OF SPIRITUAL DISCIPLINES

SPIRITUAL DISCIPLINES...

C. Are a LIFELONG ENDEAVOR.

PURPOSE OF SPIRITUAL DISCIPLINES

SPIRITUAL DISCIPLINES...

D. Take INTENTIONALITY.

PURPOSE OF SPIRITUAL DISCIPLINES

SPIRITUAL DISCIPLINES...

E. Are WORSHIP.

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HABIT 1: SCRIPTURE INTAKE

SCRIPTURE INTAKE

A. Scripture is the FOUNDATION of the disciplines.

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- The Bible is where we will most CLEARLY and CONSISTENTLY hear GOD'S VOICE.

SCRIPTURE INTAKE

[10] The brothers immediately sent Paul and Silas away by night to Berea, and when they arrived they went into the Jewish synagogue. [11] Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

Acts 17:10–11

SCRIPTURE INTAKE

B. The Bible is ESSENTIAL to Life as a Christian.

SCRIPTURE INTAKE

[16] All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, [17] that the man of God may be complete, equipped for every good work.

2 Timothy 3:16–17

SCRIPTURE INTAKE

[3] And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

Deuteronomy 8:3

9 ^aBecause of his strength I will give heed unto thee; For God is my high tower.
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5 That thy beloved may be delivered.
6 O Lord, God of Israel, from now on and for ever, let all the people say, Praise be to thee, O Lord.
7 Gīl'e-ād is mine, and Mā-nās'sēh is mine; Ephrā-im also is the defence of my head: Jū'dāh is my sceptre.
8 Mō'āb is my washpot: Upon E'dōm will I cast my shoe: Philis'ti-ā, shout thou because of me.
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Lead me to the rock that is higher than I.
3 For thou hast been for me, A strong tower from of old.
4 I will dwell in thy for ever: I will take refuge in or thy wings.
5 For thou, O God, hast my heart from now on and for ever, that I may say, My heart is fixed, because thou, O Lord, hast said, Peace.
6 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.
7 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.
8 So will I say, Peace, because thou, O Lord, hast said, Peace.
9 That I may say, Peace, because thou, O Lord, hast said, Peace.
10 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.
11 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.
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13 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.
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62 For thou, O Lord, hast said, Peace, and I will say, Peace, because thou, O Lord, hast said, Peace.

62 My soul is for God: From him I will say, Peace, because thou, O Lord, hast said, Peace.

2 He only is my salvation: He is my high tower, not be gre
3 How long wilt thou, man, That ye make you, Like a leaning tering fence
4 They only come down from heaven: They delight in them: They bless with their tongues, but they curse

5 My soul, wait for God only: For my expectation
6 He only is my salvation:

^a Or, a rock that is too high to be tent ^b Or, given a heritage ^c Heb. is silent unto God wise read, Ye shall be slain thou silent unto God

634
9 ^aBecause of his strength I will give heed unto thee;
For God is my high tower.
10 My God with his lovingkindness will meet me:
God will let me see *my desire* upon mine enemies.
11 Slay them not, lest my people forget:
^bScatter them by thy power, and bring them down,
O Lord our shield.
12 *For* the sin of their mouth, and the words of their lips,
Let them even be taken in their pride,
And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more.
And let them know that God ruleth in Jacob,
Unto the ends of the earth.
[Sē lāh
14 And at evening let them return, let them howl like a dog,
And go round about the city.
15 They shall wander up and down for food,
And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning:
For thou hast been my high tower,
And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises:
For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.
For the Chief Musician; set to ^cShushan Eduth. Michtam of David, to teach; when he strove with Aram-naharaim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.
60 O God, thou hast cast us off, thou hast broken us down;
Thou hast been angry; oh restore us again.
^dAcc. to Sept. and Vulg., My strength Or, them that lie in wait for me ^eOr, Make them wander to and fro ^fThat is, the ^gMy of testimony

635
2 Thou hast made the land to tremble: thou hast broken the mountains as wax.
Heal the breach of the land, for it shake.
3 Thou hast shamed the strong, thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē lāh
5 That thy beloved may be delivered.
6 ^hThou hast said, I will divide Shechem, and mete out the valley of Succoth.
7 Gīl'eād is mine, and Mā-nās'sēh is mine;
E'phrā-im also is the defence of my head;
Jū'dāh is my ⁱsceptre.
8 Mō'āb is my washpot;
Upon E'dōm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dōm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

Confidence in God's Protection.
For the Chief Musician; on a stringed instrument. A Psalm of David.
61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:
^jAnother reading is, me ^kOr, languish Or, Unto ^lOr, Who will lead me &c. ^mOr, Will not thou, O God, who hast cast us off, and goest . . . hosts? ⁿHeb. salvation ^oOr, felleth
22

PSALMS 60:2-62:6
Lead me to the rock that is better than I.
For thou hast been my refuge from the enemy.
For ever:
I will take refuge in thy wings.
5 For thou, O God, hast broken the heads of mine enemies.
Thou hast said, I will divide Shechem, and mete out the valley of Succoth.
6 ^pThou hast said, I will divide Shechem, and mete out the valley of Succoth.
7 Gīl'eād is mine, and Mā-nās'sēh is mine;
E'phrā-im also is the defence of my head;
Jū'dāh is my ^qsceptre.
8 Mō'āb is my washpot;
Upon E'dōm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
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And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

62 My soul waiteth for God only:
From him cometh my salvation:
He is my rock, my fortress, my deliverer:
He is my God, my high tower, my refuge:
He will save me from all mine enemies.
3 How long wilt thou wait, O man,
That ye may say, I am safe,
Like a leaning tower, like a leaning fence.
4 They only count themselves secure,
Down from heaven they will be brought down:
They delight in saying, We are safe,
They bless themselves, but they curse.
5 My soul, wait for God only:
For my expectation is in him.
6 He only is my rock, my fortress, my deliverer:
^rOr, a rock that is too high to be tent ^sOr, given a heritage ^tHeb. is silent unto God wise read, Ye shall be slain thou silent unto God

READ

LISTEN



READ

LISTEN

**RE-
LISTEN**

635
2 Thou hast made the land to tremble; thou hast broken it as reed;
Heal the breach in our land; for it shake.
3 Thou hast shaken the people by hard things;
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh
5 That thy beloved may be delivered.
6 O God, we have heard of thy strength in Israel:
O God, we have heard of thy power in Egypt:
Thou didst divide the Red Sea, and brake down the towers of Pharaoh:
Thou didst break down the pillars of Moab, and didst overthrow his strong hold:
Thou didst smite the king of Moab, and didst slay all his great men:
Thou didst smite Amalek, and didst cut off Ham.
7 Gīl'ē-ād is mine, and Mă-nās'-séh is mine;
Ē'phrā-īm also is the defence of my head;
Jū dāh is my sceptre.
8 Mō'ab is my washpot;
Upon Ē'dóm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto Ē'dóm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary:
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

**RE-
LISTEN**

635
2 Thou hast made the land to tremble; thou hast broken it as reed;
Heal the breach in our land; for it shaketh.
3 Thou hast shaken the people by hard things;
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered.
6 O God, thou shalt divide the land by the sword:
Thou shalt divide the inheritance of Ephraim, and mete out the valley of Succoth.
7 Gīl'ē-ād is mine, and Mă-nās'-séh is mine;
E'phrā'im also is the defence of my head;
Jū dāh is my sceptre.
8 Mō'ab is my washpot;
Upon E'dôm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dôm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

[illegible][illegible]

Lament over Defeat in Battle, and Prayer for Help.

For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-na'araim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.

60 O God, thou hast cast us off, thou hast broken us down; Thou hast been angry; oh restore us again.

our adversaries.

Confidence in God's Protection.

For the Chief Musician; on a stringed instrument. *A Psalm of David.*

61 Hear my cry, O God;
Attend unto my prayer.

2 From the end of the earth will I
call unto thee, when my
heart is overwhelmed:

1 Another reading is, me. 2 Or, *languish*

down from
They delight in
They bless with
but they curse
5 My soul, ¹²wait
for God only
For my expectat
6 He only is my re
vation:
⁸ Or, *a rock that is too high*

4 Acc. to Sept. and Vulg.. My strength
Or, *them that lie in wait for me* 6 Or,
Make them wonder to and fro 7 That is,
The My of testimony

⁴Or, Unto ⁴Or, Who will lead me &c.
⁵Or, Will not thou, O God, who hast cast us
off, and goest . . . hosts? ⁶Heb. salvation
⁷Or, fainteth

11 Heb. is silent unto God
wise read, Ye shall be slain
thou silent unto God

STUDY

READ

MEMORIZE

LISTEN

634
9 ¹Because of his strength I will give heed unto thee; For God is my high tower.
10 My God with his lovingkindness will meet me: God will let me see my desire upon mine enemies.
11 Slay them not, lest my people forget: Scatter them by thy power, and bring them down, O Lord our shield.
12 For the sin of their mouth, and the words of their lips, Let them even be taken in their pride, And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more: And let them know that God ruleth in Jacob, Unto the ends of the earth.
14 And at evening let them return, let them howl like a dog, And go round about the city.
15 They shall wander up and down for food, And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning: For thou hast been my high tower, And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises: For God is my high tower, the God of my mercy.

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For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-naharaim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.

60 O God, thou hast cast us off, thou hast broken us down: Thou hast been angry; oh restore us again.

⁴ Acc. to Sept. and Vulg., My strength Or, them that lie in wait for me ⁵ Or, Make them wander to and fro ¹ That is, the life of testimony

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2 Thou hast made the land to tremble: thou hast broken the mountains as wax.
3 Thou hast shaken the earth for it shake: Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee, That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered: And thou shalt save from the hand of the enemy the daughter of the king.
6 [Sē'lāh]
7 Gīl'e-ād is mine, and Mā-nās'sēh is mine; Ephrā-im also is the defence of my head; Jū'dāh is my sceptre.
8 Mō'āb is my washpot: Upon E'dōm will I cast my shoe: Philis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city? Who hath led me unto E'dōm? Hast not thou, O God, cast us off? And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary: For vain is the help of man.
12 Through God we shall do valiantly; For he it is that will tread down our adversaries.

Confidence in God's Protection.
For the Chief Musician; on a stringed instrument. A Psalm of David.

61 Hear my cry, O God; Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

¹ Another reading is, me ² Or, languish ³ Or, Unto ⁴ Or, Who will lead me &c. ⁵ Or, Will not thou, O God, who hast cast us off, and goest . . . hosts? ⁶ Heb. salvation ⁷ Or, salutes

PSALMS 60:2-6:6
Lead me to the rock that is higher than I.
For thou hast been my refuge from the enemy: For ever: I will take refuge in thee, O God, for thy wings.
5 For thou, O God, hast broken the heads of mine enemies: That thou mayest bring me out from the hand of the enemy.
6 [Sē'lāh]
7 He will save me from the hand of the enemy: Oh God, thou shalt save me from the hand of the enemy.
8 So will I sing unto thee, O God, for thou hast saved me from the hand of the enemy: That I may sing of thy vows: God alone is my salvation.

For the Chief Musician; of Jeduthun.
62 My soul waiteth for God: From him shall my salvation come.
2 He only is my rock and my salvation: He is my high tower, and he will not be moved.
3 How long wilt thou wait, O man, That ye may say, I will not be moved: Like a leaning tower, tering fence.
4 They only count themselves secure: They delight in their own strength: They bless themselves, but they curse.

5 My soul, wait for God only: For my expectation is in him.
6 He only is my rock and my salvation: He is my high tower, and he will not be moved.

8 Or, a rock that is too high to be moved ⁹ Or, given a heritage ¹⁰ Heb. is silent unto God ¹¹ Heb. is silent unto God wise read, Ye shall be slain thou silent unto God

22

STUDY

READ

MEMORIZE

LISTEN

MEDITATE

634
9 ¹Because of his strength I will give heed unto thee; For God is my high tower.
10 My God with his lovingkindness will meet me: God will let me see *my desire* upon mine enemies.
11 Slay them not, lest my people forget: Scatter them by thy power, and bring them down, O Lord our shield.
12 For the sin of their mouth, and the words of their lips, Let them even be taken in their pride, And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more. And let them know that God ruleth in Jacob, Unto the ends of the earth.
14 And at evening let them return, let them howl like a dog, And go round about the city.
15 They shall wander up and down for food, And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning: For thou hast been my high tower, And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises: For God is my high tower, the God of my mercy.

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5 That thy beloved may be delivered, and thou mayest multiply thy power.
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For thou hast been my refuge from the enemy: For ever: I will take refuge in thee, O God, for thy wings.
5 For thou, O God, hast broken the heads of mine enemies: That thou mayest bring me out of the land of the living.
6 [Sē'lāh]
7 He will save me from the enemy: Oh God, thou hast broken the heads of mine enemies.
8 So will I sing unto thee, O God, That I will vow: God alone is my strength.

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2 He only is my rock and my salvation: He is my high tower, and not to be moved.
3 How long wilt thou, O man, say, That ye make me angry, you, Like a leaning tower, tering fence?
4 They only come down from heaven: They delight in the earth: They bless themselves, but they curse.
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For thou hast been
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I will take refuge in
or thy wings.
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Press *Play* on Scripture

Let God's Word be read over you

TRY DWELL FREE

★★★★★
75K reviews • 3M installs

 Kickstarter's 4th
largest app



Something for Everyone

Scripture

Devotional

Sleep

Kids

Affinity Photo 2

STUDY

READ

MEMORIZE

LISTEN

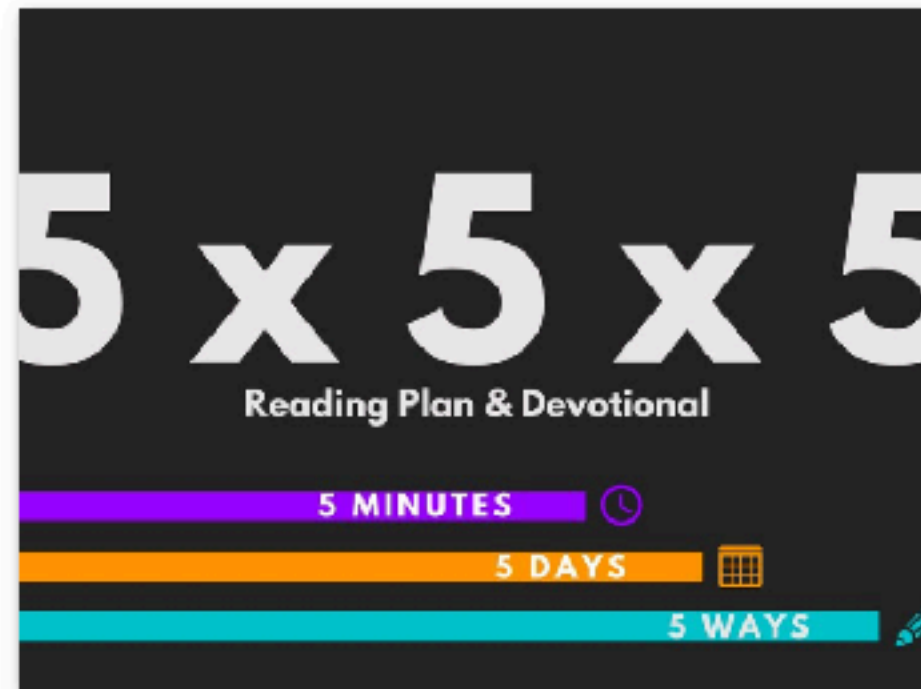
MEDITATE



Draw Near - Bible Reading Plans for 2025

Daily devote yourself to the Lord through morning prayer, reading the Bible, singing out to the Lord in song, journaling, and practicing quiet/still reflection.

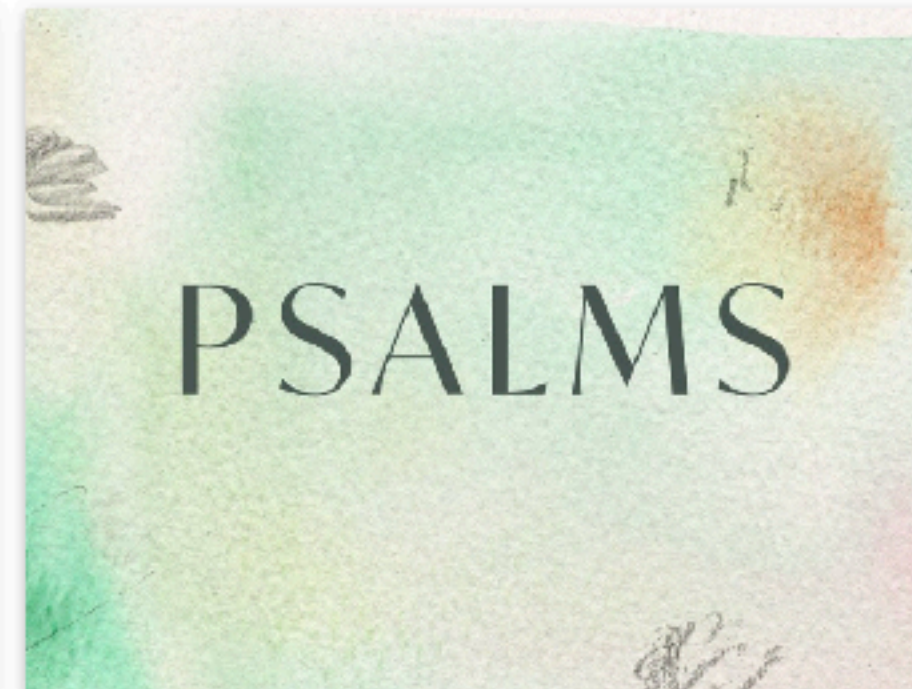
We encourage you to commit each day to be Near the Lord. Consider using one of the Bible reading plans below (invite a family member, friend, or Life Group member to join you in reading daily - carve out time to share with them about your time Near the Lord and listen to their experience also).



5x5x5

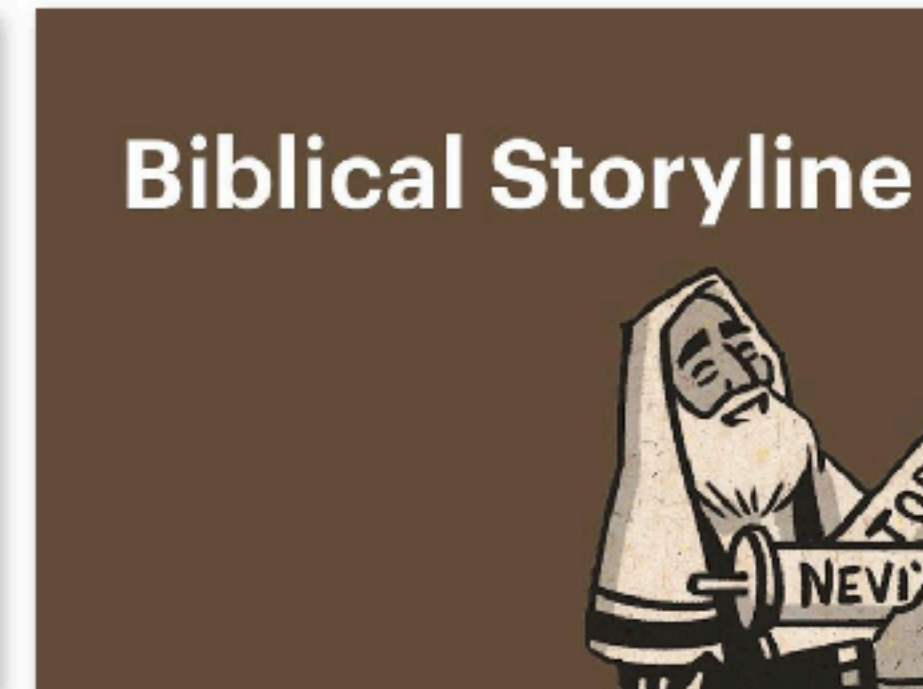
Read the New Testament in a year. 5 minutes a day, 5 days a week, 5 ways to dig deeper. This plan will take you through one chapter each day.

This reading plan is produced by the Navigators.

[LEARN MORE - DIGITAL PLAN](#)
[PRINT OUT PDF](#)


A Psalm a Day

Read a Psalm a day for 150 days!

[LEARN MORE - DIGITAL PLAN](#)


Biblical Storyline

Read the entire Bible in it's ancient literary order (The TaNaK order). This order helps us view the overarching story in a different light and is how Jesus would have read it. In this plan you will read the Old Testament in the TaNaK order, followed by the books of the New Testament. This is a whole year, 365 day reading plan produced by the Bible Project.

[LEARN MORE - DIGITAL PLAN](#)


Follow NMBC on YouVersion (Bible App)
Click Dist. icon above.

Affinity Photo 2

STUDY

READ

MEMORIZE

LISTEN

MEDITATE

634
9 ¹Because of his strength I will give heed unto thee; For God is my high tower.
10 My God with his lovingkindness will meet me: God will let me see ^{my desire} upon mine enemies.
11 Slay them not, lest my people forget: Scatter them by thy power, and bring them down, O Lord our shield.
12 For the sin of their mouth, and the words of their lips, Let them even be taken in their pride, And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more. And let them know that God ruleth in Jacob, Unto the ends of the earth.
14 And at evening let them return, let them howl like a dog, And go round about the city.
15 They shall wander up and down for food, And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning: For thou hast been my high tower, And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises: For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.
For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-na'araim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.
60 O God, thou hast cast us off, thou hast broken us down: Thou hast been angry; oh restore us again.

⁴ Acc. to Sept. and Vulg., My strength Or, them that lie in wait for me ⁶ Or, Make them wander to and fro ⁷ That is, the life of testimony

635
2 Thou hast made the land to tremble: thou hast broken the rock; Heal the breach of the land, for it shake.
3 Thou hast shamed thy people hard things: Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee, That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered, and thy people may be redeemed.
6 [Sē'lāh]
7 Gīl'e-ād is mine, and Mā-nās'sēh is mine; E'phrā-im also is the defence of my head; Jū'dāh is my sceptre.
8 Mō'āb is my washpot; Upon E'dōm will I cast my shoe: Philis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city? Who hath led me unto E'dōm? Hast not thou, O God, cast us off? And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary: For vain is the help of man.
12 Through God we shall do valiantly; For he it is that will tread down our adversaries.

Confidence in God's Protection.
For the Chief Musician; on a stringed instrument. A Psalm of David.
61 Hear my cry, O God; Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

¹ Another reading is, me ² Or, languish Or, Unto ⁴ Or, Who will lead me &c. ⁵ Or, Will not thou, O God, who hast cast us off, and goest . . . hosts? ⁶ Heb. salvation ⁷ Or, salutes

PSALMS 60:2-6:6
Lead me to the rock that is better than I.
For thou hast been my refuge in the day of my trouble: Give ear unto my voice, for I have said, I will not be afraid: I will take refuge in thy horns, O God.
5 For thou, O God, hast broken the rock, and thou hast broken the rock.
6 My soul is in the hands of the living: My heart is fast in the hands of the living.
7 He is my high tower, and my refuge: He is my God, and my high tower.
8 So will I praise thee, O God, as long as I live: I will praise thee, O God, as long as I live.
9 For thou, O God, hast broken the rock, and thou hast broken the rock.
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199 He is my high tower, and my refuge: He is my God, and my high tower.
200 So will I praise thee, O God, as long as I live: I will praise thee, O God, as long as I live.

⁸ Or, a rock that is too high to be tent ¹⁰ Or, given a heritage ¹¹ Heb. is silent unto God wise read, Ye shall be slain thou silent unto God



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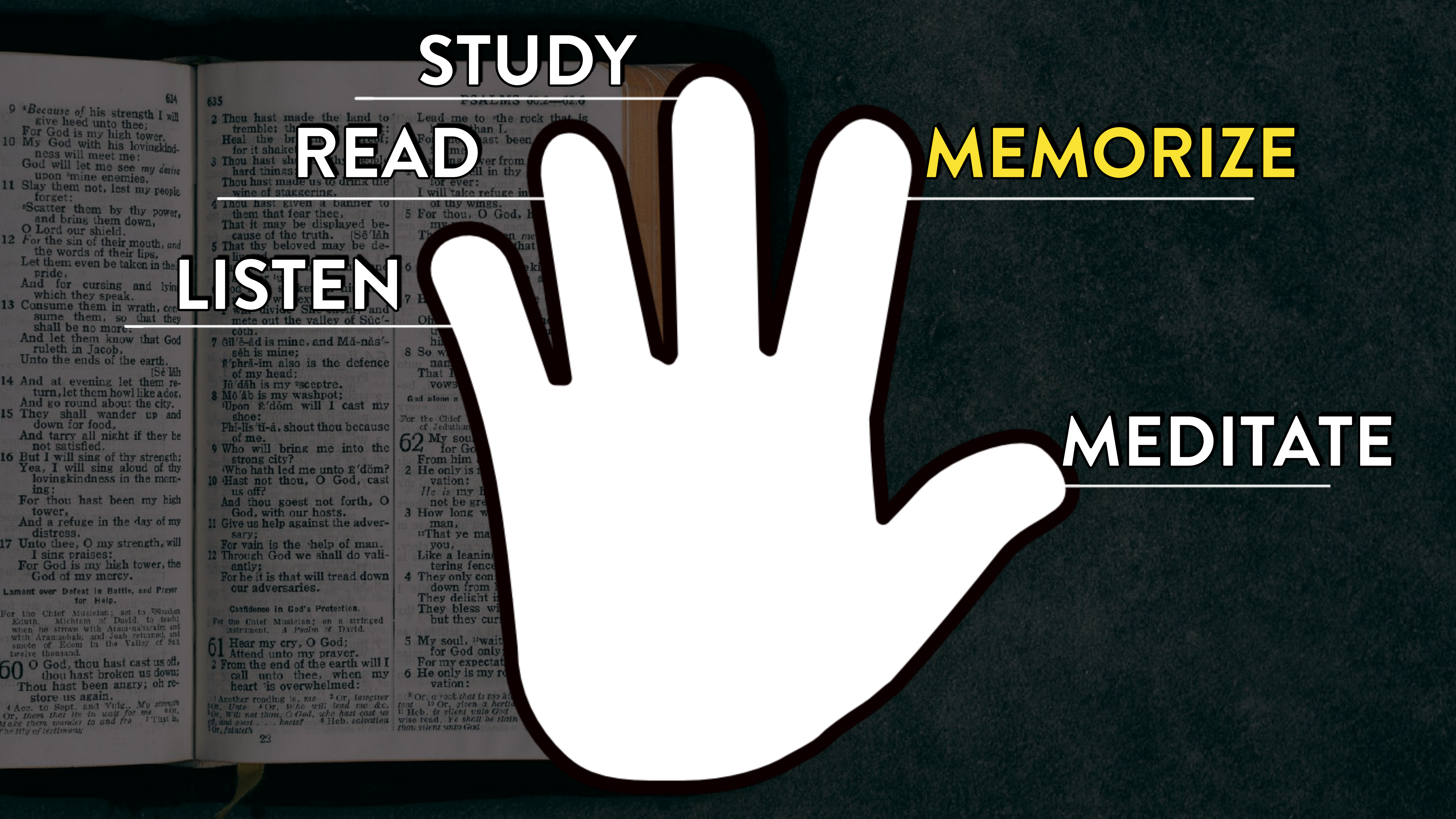
STUDY

READ

MEMORIZE

LISTEN

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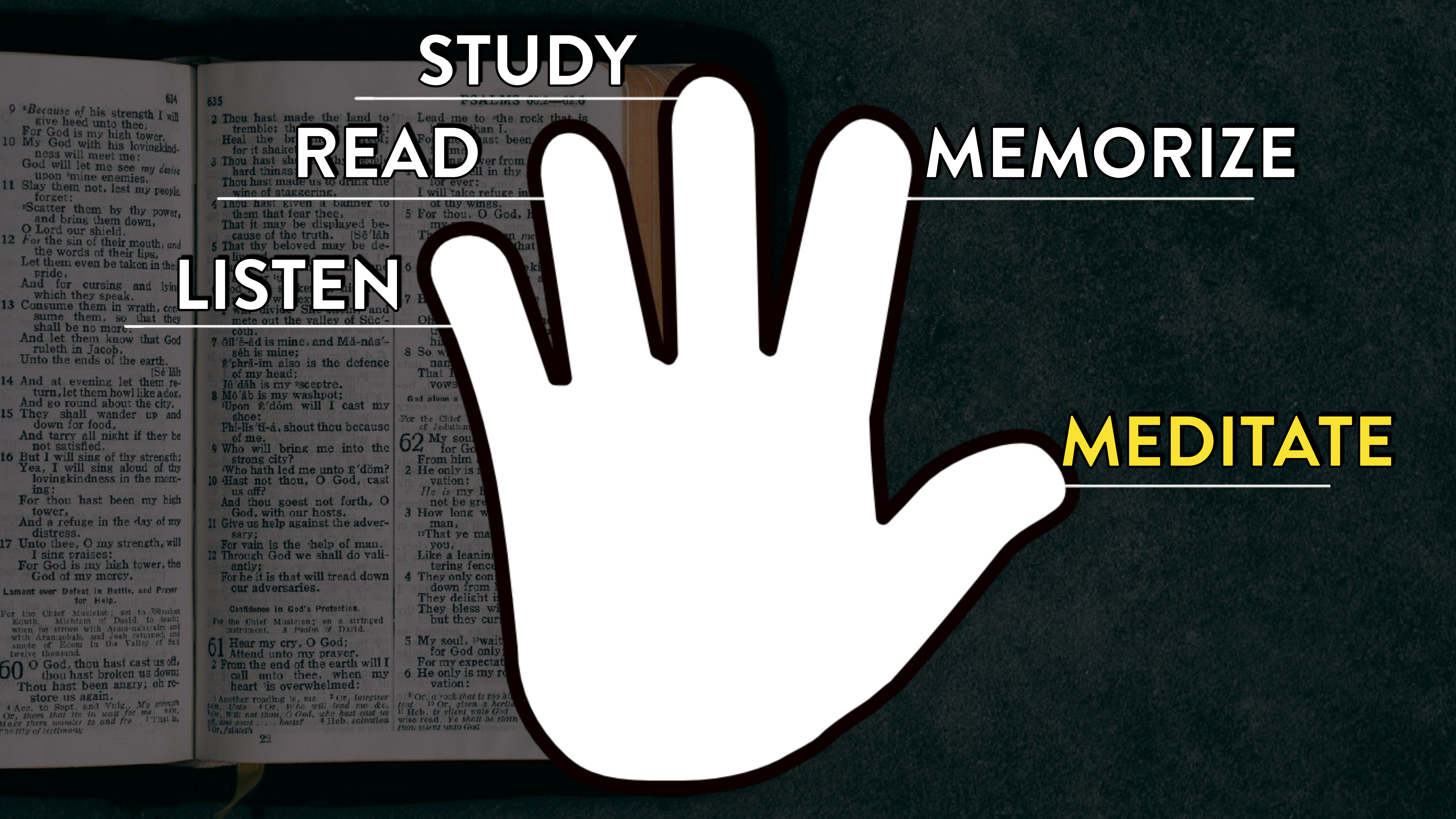
STUDY

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[1] Blessed is the man who walks not in the counsel of the wicked nor stands in the way of sinners, nor sits in the seat of scoffers, [2] but his delight is in the law of the LORD, and on his law he meditates day and night. [3] He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. [4] The wicked are not so, but are like chaff that the wind drives away.”

Psalm 1:1–4

- 9 ^aBecause of his strength I will give heed unto thee;
For God is my high tower.
10 My God with his lovingkindness will meet me:
God will let me see *my desire* upon ^amine enemies.
11 Slay them not, lest my people forget:
^aScatter them by thy power, and bring them down,
O Lord our shield.
12 For the sin of their mouth, and the words of their lips,
Let them even be taken in their pride,
And for cursing and lying which they speak.
13 Consume them in wrath, consume them, so that they shall be no more:
And let them know that God ruleth in Jacob,
Unto the ends of the earth.
[Sē lāh
14 And at evening let them return, let them howl like a dog,
And go round about the city.
15 They shall wander up and down for food,
And tarry all night if they be not satisfied.
16 But I will sing of thy strength; Yea, I will sing aloud of thy lovingkindness in the morning:
For thou hast been my high tower,
And a refuge in the day of my distress.
17 Unto thee, O my strength, will I sing praises:
For God is my high tower, the God of my mercy.

Lament over Defeat in Battle, and Prayer for Help.

For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-naharaim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.

- 60 O God, thou hast cast us off, thou hast broken us down;
Thou hast been angry; oh restore us again.

^aAcc. to Sept. and Vulg., *My strength*
Or, *them that lie in wait for me* ^bOr,
Make them wonder to and fro ^cThat is,
The *My* of testimony

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- For
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^aAnd
^bOr, I
^cOr, W
^dOr, and
^eOr, fa



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For God is my high tower.
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God will let me see *my desire* upon mine enemies.
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And let them know that God ruleth in Jacob,
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^a Acc. to Sept. and Vulg., My strength Or, them that lie in wait for me ^b Or, Make them wander to and fro ^c That is, the King of testimony

- 2 Thou hast made the land to tremble; thou hast rent it;
Heal the breaches thereof;
for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shē'chem, and mete out the valley of Sūc'-cōth.
7 Gīl'ē-ād is mine, and Mā-nās'-sēh is mine;
E'phrā-im also is the defence of my head;
Jū'dāh is my sceptre.
8 Mō'āb is my washpot;
Upon E'dōm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dōm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

Confidence in God's Protection.

For the Chief Musician; on a stringed instrument. A Psalm of David.

- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

^a Another reading is, me ^b Or, languish ^c Or, Unto ^d Or, Who will lead me &c. ^e Or, With not thou, O God, who hast cast us off, and goest . . . hosts? ^f Heb. salvation ^g Or, waiteth

- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me,
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. [Sē'lāh]
5 For thou, O God, hast heard my vows:
Thou hast ¹⁰given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life;
His years shall be as many generations.
7 He shall abide before God for ever:
Oh prepare lovingkindness and truth, that they may preserve him.
8 So will I sing praise unto thy name for ever,
That I may daily perform my vows.

God alone a Refuge from Treachery and Oppression.

For the Chief Musician; after the manner of Jeduthun. A Psalm of David.

- 62 My soul ¹¹waiteth in silence for God only:
From him cometh my salvation.
2 He only is my rock and my salvation:
He is my high tower; I shall not be greatly moved.
3 How long will ye set upon a man,
¹²That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly. [Sē'lāh]
5 My soul, ¹³wait thou in silence for God only:
For my expectation is from him.
6 He only is my rock and my salvation:

⁸ Or, a rock that is too high for me ⁹ Heb. tent ¹⁰ Or, given a heritage unto those &c. ¹¹ Heb. is silent unto God ¹² Or, as otherwise read, Ye shall be slain &c. ¹³ Heb. be thou silent unto God

- 9 ¹Because of his strength I will give heed unto thee;
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10 My God with his lovingkindness will meet me:
God will let me see *my desire* upon mine enemies.
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Let them even be taken in their pride,
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And let them know that God ruleth in Jacob,
Unto the ends of the earth.
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14 And at evening let them return, let them howl like a dog,
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For the Chief Musician; set to Shushan Eduth. Michtam of David, to teach; when he strove with Aram-naharaim and with Aramzobah, and Joab returned, and smote of Edom in the Valley of Salt twelve thousand.

60 O God, thou hast cast us off, thou hast broken us down;
Thou hast been angry; oh restore us again.

¹ Acc. to Sept. and Vulg., *My strength*
Or, *them that lie in wait for me* ² Or,
Make them wander to and fro ³ That is,
the *My* of testimony

- 2 Thou hast made the land to tremble; thou hast rent it:
Heal the breaches thereof;
for it shaketh.
3 Thou hast showed thy people hard things:
Thou hast made us to drink the wine of staggering.
4 Thou hast given a banner to them that fear thee,
That it may be displayed because of the truth. [Sē'lāh]
5 That thy beloved may be delivered,
Save with thy right hand, and answer us.
6 God hath spoken in his holiness: I will exult;
I will divide Shē'chem, and mete out the valley of Sūc'-cōth.
7 Gīl'e-ād is mine, and Mā-nās'-sēh is mine;
E'phrā-im also is the defence of my head;
Jū'dāh is my sceptre.
8 Mō'āb is my washpot;
Upon E'dōm will I cast my shoe:
Phī-lis'ti-ā, shout thou because of me.
9 Who will bring me into the strong city?
Who hath led me unto E'dōm?
10 Hast not thou, O God, cast us off?
And thou goest not forth, O God, with our hosts.
11 Give us help against the adversary;
For vain is the help of man.
12 Through God we shall do valiantly;
For he it is that will tread down our adversaries.

Confidence in God's Protection.

For the Chief Musician; on a stringed instrument. A Psalm of David.

- 61 Hear my cry, O God;
Attend unto my prayer.
2 From the end of the earth will I call unto thee, when my heart is overwhelmed:

¹ Another reading is, *me* ² Or, *laugher*
Or, *unto* ³ Or, *who will lead me &c.*
⁴ Or, *Will not thou, O God, who hast cast us off, and goest . . . hosts?* ⁵ Heb. *salvation*
⁶ Or, *salvation*

- Lead me to the rock that is higher than I.
3 For thou hast been a refuge for me,
A strong tower from the enemy.
4 I will dwell in thy tabernacle for ever:
I will take refuge in the covert of thy wings. [Sē'lāh]
5 For thou, O God, hast heard my vows:
Thou hast ¹⁰given me the heritage of those that fear thy name.
6 Thou wilt prolong the king's life;
His years shall be as many generations.
7 He shall abide before God for ever:
Oh prepare lovingkindness and truth, that they may preserve him.
8 So will I sing praise unto thy name for ever,
That I may daily perform my vows.

God alone a Refuge from all manner of distress.

For the Chief Musician; on a stringed instrument. A Psalm of Jeduthun.

- 62 My soul waiteth in silence for God only:
From him cometh my salvation.
2 He only is my rock and my salvation:
He is my high tower; I shall not be greatly moved.
3 How long will ye set upon a man,
¹¹That ye may slay him, all of you,
Like a leaning wall, like a tottering fence?
4 They only consult to thrust him down from his dignity;
They delight in lies;
They bless with their mouth, but they curse inwardly. [Sē'lāh]
5 My soul, ¹²wait thou in silence for God only:
For my expectation is from him.
6 He only is my rock and my salvation:

⁸ Or, *a rock that is too high for me* ⁹ Heb. *tent* ¹⁰ Or, *given a heritage unto those &c.*
¹¹ Heb. *is silent unto God* ¹² Or, *as otherwise read, Ye shall be slain &c.* ¹³ Heb. *be thou silent unto God*

DISCUSSION

ACTION STEPS:

- Establish a Bible Reading goal and begin this week.
- Choose a passage to commit to memorize and meditate on (think small and manageable to start).
- Let someone else know your goals so they can walk with you.

HABITS OF A HEALTHY DISCIPLE

SESSION 1

INTRO TO DISCIPLINES & SCRIPTURE INTAKE

LEARNING
LABS

September 17, 2025