

# LEARN BIBLE IMMERSION

[BIBLEFORFOOD.ORG](http://BIBLEFORFOOD.ORG)

## WHAT IS BIBLE IMMERSION?

*This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. ~ Joshua 1:8*

Bible Immersion is the systematic practice of reading through the whole Bible each year, combined with deeply studying the Bible each day. This daily study includes finding a heart connection with a section of Scripture, writing about this connection, and praying sincerely for change.

Bible Immersion takes seriously that “*all scripture is God-breathed*” (2 Timothy 3:16-17). It stands upon the belief that God is speaking to His children through His word. It stands upon the fact that every born-again believer has the indwelling Holy Spirit. Therefore, every sincere encounter with a significant amount of scripture will reveal a message for the believer. Serious students of Bible Immersion come to the word each time expecting to meet Jesus, and they are not disappointed!

Bible Immersion draws the student into the whole word of God. When practiced consistently, the student begins seeing changes in their emotional responses to life's circumstances. They become more peaceful. They are able to make wiser and more decisive choices. They see their faith growing.

Each day I can count on Bible Immersion to reset my thinking back to Truth. I am kept standing strong in my faith--- maintaining a passionate gratitude for my salvation. Each time that I am done with Bible Immersion I feel better. And if I do not feel better, then I know that I am not done! God speaks to me through His word and I am learning to reprioritize my life so that I do not go out into my day without this vital time with my Savior.

*{Dear Father, grow me up to become strong in You. May I see the beauty in your commands; they lead me to the best life possible! Keep me growing in the love of Your word as I see the changes that are occurring in my life. I pray to speak, think, and live out Your word, in the power of the Spirit, more and more each day. In the name of Jesus Christ I pray. Amen.}*

YOUR ASSIGNMENT

- ☐ Find a Bible that you are willing to write in and mark up. Get a translation that speaks to your heart. If you are absolutely new at choosing a Bible, this article on the Lifeway website might be helpful to you: <http://www.lifeway.com/Article/How-to-choose-the-right-bible>
- ☐ Begin praying for yourself and asking others to pray for your willingness to give the Bible Immersion technique a genuine attempt. Pray that you will try it the first part of your day. Pray that you will do each assignment with sincerity. Pray that you will try each assignment in the book before deciding that Bible Immersion is not for you.

## LET'S GET STARTED

*But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. ~ John 14:26*

### 1. PRAY FOR A FILLING OF THE HOLY SPIRIT

The first step for any effective time in the word is fervent prayer. I ask, therefore, that you stop reading, bow your head, and engage your heart. Ask the Father to give you an earnest filling of the Holy Spirit. Let Him know that you desire to hear and understand the lesson that He has for you in His word. Ask that when you finish your Bible Immersion time, you will have the willingness and the strength to walk out in faith, in this very day, to do the things that He reveals.

### 2. DECIDE WHAT SCRIPTURE YOU WILL READ

You will need a day by day assignment. Keep in mind, one of the key components to Bible Immersion is the willingness to make reading through the Bible each year a life-long discipline. In order to do this, you will need to read about three chapters of the Bible each day. If you search the web, you can find many "Through the Bible in a Year" reading schedules. I prefer one that assigns daily readings in both the Old and the New Testaments. If you are in need of a plan, there is a plan that one

of my sons composed, found at the end of this book. You can also find this plan on the BibleForFood.org homepage. Click on the “daily reading” tab and you will see it.

I have learned that reading a substantial amount of Scripture each day is imperative in circumventing the attack that is waged on my mind for being a Christ follower. I don't believe that I am unique as a Christian to have this attack. When anyone becomes serious about Jesus, this attack is to be expected. Scripture is the “sword of the Spirit” (see *Ephesians 6:17b*). I must purposefully arm myself with God's word in order to navigate successfully through this day to day life.

We live in a culture where people are slaves to their emotions. We have become a people where our feelings dictate what we do. Scripture can stop the attack. I have heard it preached that our emotions should be the caboose, and not the engine of our lives. We have become a society of people where we base our volition on our emotions. As a Christian, this is so very wrong! The Lord is my guiding force. He must empower and dictate what I do and what I don't do. Scripture reminds me of what is important to do and how, with God, I can get things done. As a Born Again believer, I have the Holy Spirit living in me. I have access to the same power that brought Jesus back to life! This is the power that should be running my life and not emotions that have been birthed by erroneous thinking.

When I read Scripture I feed spiritual transformation (see *Romans 12:2*). Even when I do not totally understand what I am reading and hearing in the word, Scripture is still changing me and growing me:

*As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.*  
~ Isaiah 55:10-11

My emotions are controlled by my thinking. If I allow the lies of Satan to linger in my thoughts, I will eventually feel negativity, rage, bitterness, and the like. When I allow the truth of God to linger in my thoughts I feel the strength, power, and motivation of the Lord. Through the years I have learned the importance that I read Scripture, hear Scripture, think Scripture, write about Scripture, pray Scripture, and memorize the word of God.

### 3. FIND AN AUDIO VERSION OF YOUR SCRIPTURE ASSIGNMENT

The Bible states that *faith comes by hearing (Romans 10:17)*. I find that when I listen to Scripture as I read, I get help to keep moving along. Listening as I read also helps me to learn the correct pronunciation of the names and places in Scripture.

Before, when I would just read the assignment, I would sometimes never get around to completing it. I would find myself spending time searching commentaries and not trusting that God was going to explain things in time. (I was not unlike the elementary student waving his hand to ask the question that the teacher was preparing to address just before she was interrupted!) I will state it again: listening as I read keeps me moving along. I have to trust that getting an overview will help

me to have a clearer picture of what I am reading. The Bible is one marvelous story of God's love for mankind!

Many Christians have completed many Bible studies, but have never read certain books in the Bible. These less popular chapters and books are just as sacred as the others. **2 Timothy 3:16** reminds us that *all Scripture is God-breathed*! When it comes to His word, God desires that I learn from ALL that He has provided.

#### 4. WHILE READING AND LISTENING, UNDERLINE

.As God is speaking to me, I underline all the places that catch my eye. Later I look over these highlighted words, phrases, or verses to find my selected "growing place" for the day.

God speaks to me through the words of Scripture. When doing my Bible Immersion I sometimes picture myself being in a large lecture hall. The speaker (the Lord) has a message for my day which is going to take away the thoughts and feelings that would tell me to run away and hide from life. These thoughts are vicious and at one time in my life, this same type of thinking led to addictive behaviors, hurtful habits and hidden sin.

When I first started doing Bible Immersion I would have very few things underlined as I read. I look back now and understand what was going on. The Bible was teaching me a new language. It was teaching me the language of the redeemed. Up until that time I "spoke" fluent flesh! The Bible was unfamiliar, and like many new beginnings, doing Bible Immersion took a determined effort. It was far from what it is for me today. Then it was a new discipline and being new, it was not pleasant but painful (*see Hebrews 12:10-12*). By God's grace, I did not give up!

I will share with you a very important secret to making it through a Bible-in-a-year schedule. It is this: DO NOT TRY TO CATCH UP! Realize that Bible Immersion is a lifelong discipline. What is missed this year will be covered again on future rounds. Each day I have learned that God has a message that will speak into my present life's situations and circumstances. I expect to get nourished daily and I am not disappointed.

I have come to treasure the word of God *more than my portion of food (Job 23:12)*! Even when I was battling stage IV esophageal cancer, I knew the importance of getting my mind in the right place each day. Some thought I was crazy as I would weakly make myself over to the desk to "think, write, and pray" over the word of God. But even if they did not understand, I knew that I would be a "sitting duck" for Satan if I did not prepare my mind for the daily bodily pain that I had to deal with in that season of my life. For two years and counting at this writing, God has given me an unexpected healing on this side of heaven! Through Bible Immersion I became certain that God would heal me. I also knew that it might not be before He took me to be with Him. But His word assured me (and still assures me) that because of the blood of Jesus that covers me, my life is forever a "win-win" proposition!

#### 5. SELECT AN ITEM OF SCRIPTURE. EXPLORE YOUR THOUGHTS, AND WRITE

When I have completed reading and listening to my full assignment, I survey the things I have underlined and I choose one. I then begin thinking deeply about what the words are



saying, and how they are resonating in me. I then write from my heart.

When teaching Bible Immersion, I usually instruct people to answer one or both of these questions: 1) What does this underlined word, verse or passage bring to mind, and/or 2) What might God be saying to me?

If a student has trouble writing, I sometimes have them write on an amplification of these queries: What are some of the things that come to your mind as you think deeply about this verse or passage? What insights do you learn about God and your relationship to Him? What insights do you learn about yourself and how you are changing and growing in Christ? What convictions have surfaced? What might God be saying to You?

Another way that I have helped my students is through a method that I learned in preparation for being a volunteer at a Franklin Graham crusade. This method is a paraphrase method and has three steps: 1) Circle what you believe to be the key words of your chosen verse. 2) Use an online dictionary to look up the definition of the words and write down these definitions. 3) Use what has been learned through defining the key words and write a paraphrase of the Scripture.

In this technique, the words circled in step 1 are the student's choice. In step 2, the type of dictionary used can make quite a difference in unlocking insights. I suggest an older dictionary such as the online 1828 Webster's dictionary.

6. WRITE A PRAYER AND THEN SINCERELY PRAY  
AUDIBLY TO THE LORD---MAKING HEARTFELT  
REQUESTS AND THANKSGIVINGS

Sometimes I have been extremely surprised where my Bible Immersion time takes me. Many times it unearths hidden emotions and behaviors that would not have come to light if I had not taken the time to be interacting with Scripture in this manner. Bible Immersion allows God to work in my life. I am able to take off my teacher hat, my mother hat, my wife hat etc. It's about my time with God and allowing His word to be a moving force in my life.

*{Dear Father, I can hear in my mind the words of the old hymn "I Come to the Garden Alone". And the song is true. You walk with me. You talk with me. You tell me that I am your own. And I realize that this is what happens whenever I immerse in Your word. You want to speak to my unobstructed heart. I willingly bring it to You. Please change me now. I want to be like Your Son Jesus. Make me holy for You. It is in the name of Jesus that I pray. Amen.}*