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Taste and See (Psalm 34:8)

Does your mind ever wander as you sit reading God's Word? You are not alone with this **focus** problem! Some of us might blame the lack of **focus** on our age, but other age groups report the same frustration. Since we know that moving our eyes over the words on a Bible page does not help us become mature Christians, what can we do? Ultimately, it is like opening a combination lock that requires three numbers. Adding prayer and Biblical meditation with the Word allows the precepts to enter our hearts. Then, our renewed minds move us into better obedience. Below are two tools we have found very helpful on occasion to address our **focus** issues.

Debbie intermittently copies Scripture by hand to **focus** and absorb content. Verlin uses the method, too. Because we all tend to selectively tune in to parts of the Bible that please us, we sometimes skim over a text in our habitual reading or listening through the Bible annually. As a result, each of us can miss what the Lord wants to tell us. Writing forces us to slow down; the hand/eye/brain connections reinforce concentration. This method is beneficial when trying to memorize a passage, too. Some people handwrite whole books of the Bible, a few verses a day. Some write daily devotionals to remember the text better and/or to share it with the family. Others join accountability groups or use pre-prepared lists like Debbie uses this year, allowing her to focus on a monthly theme: gratitude, patience, reliability of Scripture, etc. <u>Children</u> benefit, too, by practicing their handwriting and hiding God's Word in their hearts! A most compelling reason to give this a try is in the Old Testament. In <u>Deuteronomy 17:18-20</u>, God commanded the <u>kings</u> of Israel to write His law *by hand* and to read it all the days of their lives to humbly revere the Lord.

Come and See (Psalm 66:5)



All you need for a DBS!

Another tool we use for learning and applying God's Word with **focus** is one we have lauded many times: Discovery Bible Studies (DBS). Participants read or hear a selected biblical passage and then repeat it in their own words. The habit requires **focus**. As each declares what they understand as needing to be put into practice that week due to the accepted Word, the DBS generates rapid obedience. In the past, we have shared stories of wondrous results using DBS in Cote d'Ivoire. (Remember the churches breaking down into DBS groups during COVID and growing <u>from 300</u> to over 600 groups in around ten weeks?). Recently, an American friend asked us to resend the DBS format, hoping to start something in her area!

Prayer & Praise

Thank the Lord that His Word never returns void. It accomplishes what He intends! Pray for people using Discovery Bible Study (DBS) in ministry. May they see the fruit of many people saved and growing in Christ. Ask that other groups spring up all over our nation, not just internationally.
Verlin is scheduled for an MRI on his right foot this week and a follow-up evaluation.

As requested last week, please continue praying for the CHE West African Internship planning. Your partners in the Gospel,

Verlin & Debbie

Last Week: <u>Unexpected</u>-<u>240127.PDF</u> Prior videos: <u>Simple Servants</u> - <u>Reflect & Rejoice</u> 2023 Q2Report: <u>Pruning Priorities</u> -<u>2023 Q2 Report 230722 PDF</u> 2022 Budget: CHSC-0118 ANDERSON-Budget 2022 Support these ministries: www.che4a.org Something to ask? Write: updates@verlindeb.org AWA represents Andersons Witnessing in Africa