

LESSON 8
OCTOBER 25, 2026

FAMILY THEME

How to Study and Live Out the Bible

LESSON AIM

Understand how to engage, interpret, and apply
God's Word in everyday life.

STUDY TEXT

[Psalm 119:1-42](#)



Scan to access
handouts and
digital materials
or visit
d6.family/6939



BIG IDEAS

1. **Consistent Engagement With God's Word Leads to Understanding** ([Psalm 119:1-16](#))
2. **Healthy Curiosity in God's Word Leads to Deeper Understanding and Growth** ([Psalm 119:17-18](#))
3. **Genuine Fellowship in God's Word Leads to Growth and Faithfulness** ([Psalm 119:19-42](#))

Encourage learners to memorize the Family Scripture of the Month (**Colossians 2:6–7**) along with family members.

Preview videos in advance.
Ads may appear and are not controlled by D6.



AH 8-1



AH 8-2



AH 8-3

Leader Lens

This lesson is more practical than exegetical. Rather than walking verse-by-verse through Psalm 119, focus on helping your group understand *how* to engage with God's Word. You may choose to read selected verses highlighted in each Big Idea instead of the entire passage to keep the lesson moving. Look for opportunities to model what you are teaching. Ask questions, invite participation, and demonstrate how to observe, understand, and apply a passage. The goal is not just to explain Scripture, but to help your group grow more confident in studying it on their own.

Connect

Choose the option that best fits your group.

VIDEO: Show this video in which the Creation Museum traces the different forms the Bible has taken throughout the centuries and its importance to believing communities: tinyurl.com/D6Creation. Then say, *Today we'll explore why the Bible matters, and how we can better understand and engage with it.*

STORY: Share the following story with your group: In *The Hiding Place*, Corrie ten Boom tells how she and her family helped Jews escape the Nazis during World War II. After being arrested, Corrie and her sister Betsie were sent to the Ravensbrück concentration camp. Despite strict searches, Corrie was able to smuggle a Bible into the camp. Remarkably, the guards avoided entering their living area because of a severe flea infestation, allowing Corrie and Betsie to read Scripture and even lead Bible studies with other prisoners. Ask your group, *If you were in that situation, what would you consider essential? Why do you think Corrie risked so much to bring a Bible? After discussion, say, Today we'll explore why God's Word is so valuable, and how we can engage with it more intentionally.*

OBJECT LESSON: Bring a simple item with instructions (e.g., a board game, small appliance, LEGO® set). Ask your group, *Would you try to use this without reading the instructions? After a few responses, say, Many people approach the Bible the same way. They try to use it without taking time to understand it. Then ask, Why do instructions matter? What happens when we ignore them? After discussion, say, Today we'll learn how to better understand and engage with God's Word.*

Teaching the Truth

Distribute the *Adult Member Outline* (AH 8-2) and display the AH 8-3 (*Studying the Bible*) poster.

Gospel Connection

This lesson explores how to study the Bible, but we do so with a greater purpose in mind. The Bible is one unified story of God's plan to redeem humanity through Jesus Christ. Every part of Scripture points to Him—either preparing for His coming, revealing His life and work, or showing how we are to live in response to the gospel. As we study the Bible, we are not just learning information—we are coming to know Christ more fully.

With portions of it translated into over 4,000 languages and distributions of over six billion copies, some version of the Bible is accessible to much of the world's population.

For centuries the Bible has taken a central role in the lives of Christians, particularly within their church services. Writing in the second century, Justin Martyr described one of those early church services in his *First Apology*: “And on the day called Sunday, all who live in cities or in the country gather together to one place, and the memoirs of the apostles or the writings of the prophets are read . . . then, when the reader has ceased, the president verbally instructs, and exhorts to the imitation of these good things.”

Even though the Bible is central to the Christian life, it can sometimes feel difficult to understand. With Scripture more accessible today than ever before, personal Bible study is essential for a growing disciple. Thankfully, God has not left us without help. Through His Word and by the guidance of the Holy Spirit ([John 14:26](#)), He has given us practical ways to grow in understanding: consistent engagement, healthy curiosity, and genuine fellowship.

✧ BIG IDEA 1 ✧

Consistent Engagement With God’s Word Leads to Understanding

[Psalm 119:1–16](#)

To many, the idea of Bible study is daunting because it centers on reading. In this ever-changing, technological world, people are increasingly consuming information through audio and video rather than the printed word. Bible reading remains a vital discipline for every Christ-follower, but thinking in terms of *Bible intake* or *engagement* can help broaden how we approach God’s Word.

As you read through the “Mount Everest” of the Psalms (Psalm 119), notice how often the psalmist engaged with God’s Word. In the first 16 verses alone, we see no fewer than six different ways the psalmist engaged with the Law of God. He walked according to it or was guided by it (**verses 1–5, 8–9**). He examined or searched it (**verses 6, 15**). In **verses 7 and 12**, he praised God because of what he learned from it. He memorized it (**verses 11, 16**). He spoke about it with others (**verse 13**). He meditated on God’s Word (**verse 15**). These examples highlight that engaging with Scripture involves more than simply reading. It includes *reflecting*, *remembering*, *speaking*, and *responding*.

The author of Psalm 119 is not identified, and while some have suggested figures like Ezra, Scripture does not name a specific author. What is clear, however, is the psalmist’s deep commitment to God’s Word and his desire to understand and obey it.

Apologetics: Why Trust the Bible?

The Bible is not just a collection of ancient writings. It is God’s inspired Word ([2 Timothy 3:16](#)). Written by more than 40 authors over 1,500 years, it presents a unified message centered on God’s plan of redemption through Jesus Christ. The Bible has also been remarkably preserved. The New Testament alone is supported by thousands of early manuscripts—far more than any other ancient document—and they consistently communicate the same message. In addition, the Bible demonstrates historical accuracy and fulfilled prophecy, especially in its detailed predictions about the life and work of Jesus. Because Scripture is trustworthy, we can study it with confidence, knowing it reveals truth that transforms our lives.

Go Deeper: A Simple Way to Study the Bible

Remind your group that studying the Bible is not just about reading but understanding and responding. Walk them through a simple three-step process:

Observe

Slow down and notice what the passage actually says. Observe key words, repeated ideas, and who is speaking.

Understand

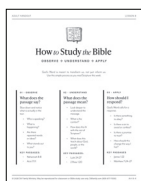
Consider what the passage means by looking at the surrounding verses, the broader context of the passage, and how it fits within the rest of Scripture.

Apply

Ask how God wants us to respond. Bible study is not complete until it shapes how we think and live. A helpful way to remember this process is:

**Observe → Understand
→ Apply.**

You can find a detailed guide on **AH 8-4 (How to Study the Bible)**. Make sure every group member has a copy.



AH 8-4

[Nehemiah 8](#) provides a helpful picture of this kind of engagement. After the exile, Ezra read the Law of God to the people from morning until noon. Additionally, Ezra appointed the Levites to move among the people to help them understand what was being read (verses 7–8). It was not enough to only hear or read the Word of God. Understanding it often involves *explanation*, *discussion*, and *community interaction*. It also involves dependence on the Holy Spirit, who guides believers into truth and helps them understand God’s Word ([John 14:26](#)).

Research continues to affirm the value of consistent engagement with Scripture. In *Backward Discipleship*, Dr. Ron Hunter Jr. highlights the “Power of 4”—the idea that engaging with Scripture four or more times per week leads to significantly greater spiritual growth, while sporadic engagement (one to three times per week) shows little difference from not reading at all.¹ Make sure to share this information with the group before moving into the discussion questions.

Live It Out: Engage with God’s Word consistently this week. Aim for four or more times and explore different ways of interacting with Scripture.

Discuss Together:

- *What is your go-to method of engaging with the Bible? Why does it work for you?*
- *Which form of Bible engagement—reading, listening, memorizing, or discussing—would you like to grow in?*
- *What are some common obstacles that keep people from engaging with Scripture regularly? How can those be overcome?*
- *What difference might it make in your life to engage with Scripture four or more times each week?*

✧ BIG IDEA 2 ✧

Healthy Curiosity in God’s Word Leads to Deeper Understanding and Growth

[Psalm 119:17–18](#)

Spiritual curiosity has been a driving force behind believers going deeper in God’s Word. When faced with philosophical or historical questions about the Bible, many Christians are led to search Scripture for answers. Reflecting on the promises of the new creation can lead someone to study passages about Heaven and the kingdom of God more deeply.

¹ Ron Hunter Jr., *Backward Discipleship* (D6 Family Ministry, 2026), 54.

Remaining inquisitive about many of the “mysteries” of the faith is important. In **Psalm 119:17–18**, the psalmist prayed that the Lord would extend his life so he could live and continue to obey His Word. He also asked that God would open his eyes to see *wondrous things* in His Law. Even though he had dedicated his life to God’s Word, these requests show that the psalmist still longed to grow in his understanding.

For Christians who are well acquainted with the Bible, there is a real danger of believing they have “heard it all before” and will not discover anything new. However, a true student of God’s Word shares the psalmist’s desire to see wondrous things in it. The difference is that one has cultivated a healthy curiosity about what God’s Word teaches, while the other becomes content with spiritual milk rather than moving toward maturity ([1 Corinthians 3:2](#)).

Remaining curious about what the Bible teaches reflects a high view of Scripture as *living and active* ([Hebrews 4:12](#)). Similar to how a curious child might ask questions of his or her parents or others in authority, believers should approach God’s Word with a desire to *ask, seek, and understand*.

This kind of curiosity should be encouraged among Christians of all ages. In the *Elements Kids Worship* curriculum from D6 Family Ministry, Pastor Steve regularly encourages children to read a verse of Scripture and ask two simple questions: “What does this verse say?” and “What does this verse say to me?”

More mature believers can build on this practice by asking additional questions during personal study, such as:

- Does this passage of Scripture teach me something about God, myself, or this world?
- Do these verses help me understand history, encourage my walk with the Lord, or lead me to hope in God’s promise to restore all things?
- Is there someone in my life that I can encourage or help with what I have learned?
- How might this passage be understood by believers in difficult or persecuted contexts?

Similarly, believers can look for commands to obey, promises to trust, sins to avoid or confess, examples to follow, and warnings to heed.

When children are curious, they turn to a trusted authority. Christians should remain inquisitive about God’s Word and seek answers within its truth.

Discussion questions are included on the *Adult Teaching Outline* (AH 8-1) and PowerPoint 8 (editable).



PowerPoint 8

Live It Out: Take time this week to pause during your Bible reading and ask questions that help you understand, apply, and respond to God's Word.

Discuss Together:

- *Of all the topics or events in Scripture, which ones make you most curious? Why?*
- *What are some helpful questions you can ask as you study the Bible to better understand and apply it?*
- *Many Christians express concerns when people ask hard questions about the Bible. Do you see these questions as a crisis of faith or an opportunity for God's Word to prove itself?*
- *How might asking more questions during your Bible study change the way you understand and apply God's Word?*

✱ **BIG IDEA 3** ✱

Genuine Fellowship in God's Word Leads to Growth and Faithfulness

[Psalm 119:19–42](#)

God never intended for engagement with His Word to remain private. Throughout Scripture, we see that believers grow best in community, encouraging and strengthening one another through God's Word.

Beginning in **Psalm 119:19** and continuing throughout the rest of the psalm, the psalmist expressed both his devotion to God's Word and the challenges he faced from those who oppose it. He described himself as a *stranger* or *sojourner on the earth* (**verse 19**). In **verse 23**, he recorded that rulers threatened him because he lived by the standard of Scripture. In **verses 41–42**, he prayed for mercy in understanding God's Word so that he would have an answer for those who taunted him for his trust in Scripture. His commitment to God's Word was not merely personal. It was lived out in the presence of others and often in the face of opposition.

In the New Testament and today, God has provided believers with the gift of the local church—a community where God's Word is taught, shared, and applied together. While fellowship is often associated with sharing meals, it is more in line with sharing spiritual nourishment. As Paul instructed Timothy, believers are to devote themselves to the public reading of Scripture, to exhortation, and to teaching ([1 Timothy 4:13](#)). Through these practices, the church is strengthened and grows together. In fact, Paul even said that faithful teaching and careful attention to God's Word would save both the teacher and those who are taught ([1 Timothy 4:16](#)).

Live It Out: Share something you have learned from God's Word with another believer this week, and invite them to share what they are learning as well.

Discuss Together:

- *What are some benefits you have experienced in studying God's Word with other Christians?*
- *What are some ways our group/class can help others feel welcomed or encouraged to study the Bible with us?*
- *Name a few people who have invested in you spiritually. How has their encouragement or teaching helped you grow in your understanding of God's Word?*
- *What is one way you can encourage or support another believer in their walk with God this week?*

Respond

Use one of these options to help your group put this lesson into practice this week.

FAITH AT HOME: Encourage group members to create space for biblical curiosity in their homes this week. Suggest that they ask their family or roommates what questions they have about the Bible, no matter how big or small. Remind them not to rush to provide answers, but to explore those questions together by reading Scripture, discussing what it means, and modeling how to study God's Word with patience and humility.

SHARING ONE'S FAITH: Recent studies have shown that Millennials who do not attend church are still more interested in what goes on in the Christian faith than their generational counterparts. People are spiritually hungry. Encourage group members to be intentional about sharing what they are learning from Scripture. Challenge them to look for a natural opportunity this week to talk with a friend, coworker, or neighbor about something they've discovered in their Bible study. Remind them they don't need to have all the answers. Simply sharing what God is teaching them can open meaningful conversations.

SERVING THE CHURCH: Encourage group members to strengthen someone in the church this week by sharing a passage of Scripture that has been meaningful to them. Suggest they send a message, make a call, or speak in person. Remind them that God often uses His Word to encourage and build up others.

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Principle

God never intended for His Word to be learned only in isolation. Parents are called to lead the way by engaging Scripture personally and sharing it within the home. As you study the Bible, invite your children into the process. Ask questions together, discuss what you're learning, and model what it looks like to follow God's Word. Spiritual growth happens best when families pursue God together in everyday moments.

D6 Discipleship Journals

Remind group members to bring their *D6 Discipleship Journals* each week for lesson notes, sermon notes, journaling, and class discussion. These journals are designed to support discipleship both at church and at home.

Bible Engagement

Encourage your group members to complete the daily devotions in the *D6 Discipleship Journals* this week and use the journaling pages to reflect on what God is teaching them through personal study, class discussion, and Sunday sermons.



AYG-8

As You Go (AYG-8) is a resource to help parents discuss the truths of this lesson with their children at home. Give copies of this page to those who will benefit from it and encourage them to use it at home this week. As You Go is also available for FREE download at [D6curriculum.com/bonus](https://d6curriculum.com/bonus). (No password required.)

Notes:



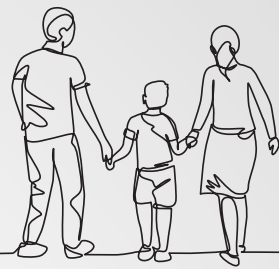
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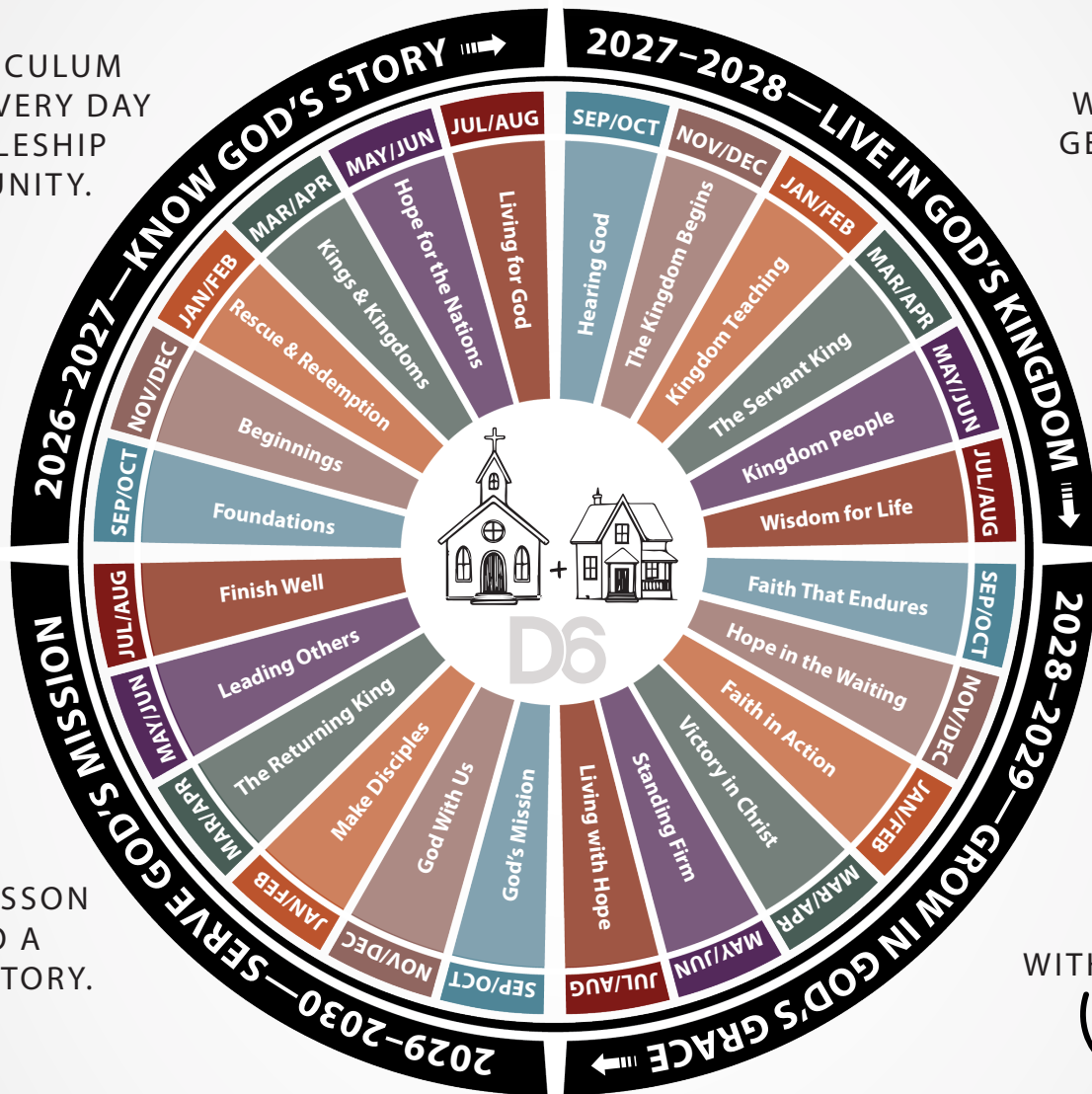
Built on Scripture. Formed in community. Lived out every day.



The *D6 Curriculum* four-year Scope & Sequence takes every generation on a journey through Scripture—from Genesis to Revelation—helping learners understand the redeeming story of Christ. Built around apologetics, character studies, biblical themes, and gospel-centered truth, *D6 Curriculum* is more than a lesson plan; it's a discipleship pathway designed to build biblical confidence through six intentional lesson blocks each year.

D6 CURRICULUM
MAKES EVERY DAY
A DISCIPLESHIP
OPPORTUNITY.

DESIGNED
WITH EVERY
GENERATION
IN MIND.



EVERY LESSON
FITS INTO A
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SCAN TO
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WITH QR CODE



HERE'S WHAT IS COMING UP

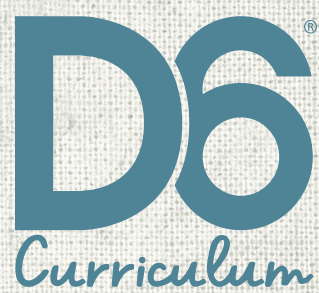
NOV-DEC 2026

WEEK	THEME	DISCIPLESHIP OBJECTIVE	KEY SCRIPTURE	APOLOGETIC OBJECTIVE
11-1-26	The Beginning of the World	God is Creator and everything begins with Him	Genesis 1:1–31	If God made everything, who made God?
11-8-26	The Beginning of Sin	Sin broke God's good creation and created our need for rescue	Genesis 3:1–24	If God is good, why did He allow sin?
11-15-26	The Beginning of Judgment & Rescue	God judges sin but provides a way of rescue	Genesis 6:5–22; 8:15–22	How could a loving God send a flood?
11-22-26	The Beginning of Languages	God opposes pride and fulfills His plan for the nations	Genesis 11:1–9	Why did God confuse the languages?
11-29-26	The Beginning of God's Promise	God begins His rescue plan through covenant promise	Genesis 12:1–9	Why did God choose Abraham?
12-6-26	The Beginning of God's Nation	God forms and rescues a people for Himself	Exodus 1:1–14; 6:6–7	Did the Exodus really happen?
12-13-26	The Beginning of the Promise of a King	God promises a forever King from David's line	2 Samuel 7:12–16	How could people know Jesus was coming?
12-20-27	The Beginning of God With Us	God came near through Jesus, Immanuel	Luke 2:1–20	How can Jesus be both God and a baby?
12-27-26	The Beginning of Godly Habits	Cultivate habits that help you grow in godliness and build your life on Christ.	Colossians 3:12–17	If salvation is by grace, why do Christians need spiritual disciplines?

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