

**ELEVATE**  
**FOUNDATIONS, Session 3 – The Bible, Part Two**

Review:

- What was the first foundation? (*prayer*)
- What foundation did we study last week? (*the Bible*)
- What three questions should we ask when reading the Bible?
  1. (*What does it say?*)
  2. (*What does it mean?*)
  3. (*What does it mean to me?*)
- We live in a “throw away” world. What are some things we throw away when they are no longer useful to us? (*TVs, computers, cell phones, clothes, appliances, friends, relationships, etc.*)

Tonight: **Is the Bible useful? What can the Bible do for us?**

**1. Psalm 119**

- v. 1-3 – Blessings of obeying God’s Word.
- v. 9-11 – The Bible ***keeps us from sin***.
- v. 28 – The Bible ***gives us strength***.
- v. 33-36 – Desire to know and follow God’s Word.
- v. 52-56 – The Bible ***brings comfort***.
- v. 67-72 – Affliction drives us to God’s Word.
- v. 80 – The Bible ***brings confidence (frees us from shame)***.
- v. 89 – How long does God’s Word endure? (*forever*)

- v. 97-104 – The Bible ***brings wisdom and understanding*** (*see also v. 130*).
- v. 105 – The Bible ***illuminates our path***.
- v. 155 – The Bible ***brings salvation*** (*see also 1 Pet. 1:23*).
- v. 160 – The Bible is ***true and unchanging***.
- v. 165 – The Bible ***brings peace***.

**2. 2 Timothy 3:16-17**

- How much of the Bible is inspired by God? (*ALL of it*)
- Inspired = ***breathed out by God***.
- Doctrine = ***teaching***.
- Reproof = ***rebuke; stopping us from doing wrong***.
- Correction = ***fixing what’s wrong; getting back on track***.
- Instruction in righteousness = ***how to stay on the right path in the future***.
- v. 17 – What’s the result of filling your mind and heart with the Bible? ***Maturity; being equipped for good works***.

**We MUST spend time in PRAYER and BIBLE reading every day.**