



Part 1: BASIC

Salvation is given as a gift to those who receive Jesus as their Lord and Savior. Those who have received this gift of salvation are called to live a life worthy of it. However, someone who has just been spiritually born again cannot immediately live a mature life as a spiritual adult. They must go through a process of growth and maturity. This study guide explores, step-by-step, the training necessary for a spiritual child to become a spiritual adult. It aims to assist individuals or small groups in training together. In part 1, we will cover five basic training processes, and to make it easier to remember, we will introduce this process using the acronym BASIC.

First Tea Time: B (Bible Study)

Second Tea Time: A (Attending Worship)

Third Tea Time: S (Sacrifice and Service)

Fourth Tea Time: I (Intercessory Prayer)

Fifth Tea Time: C (Communion of Saints)

By learning and practicing the content of each session, participants will hopefully internalize the BASIC elements of spiritual life.



Scripture 2 Timothy 3:15–17

Key Verse “All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that the person of God may be proficient, equipped for every good work.” (2 Tim. 3:16–17)

Objectives

- Understand the main purpose of studying the Bible.
- Resolve to become a growing Christian through proper Bible study.



I. Sharing Thoughts

1. What do you think is the purpose of learning, that is, the purpose of studying, in general?
2. What do you think should be the purpose of studying the Bible for Christians?



II. Expanding Thoughts

1. Challenge for Growth

Jesus spent approximately 10,000 hours with his disciples during his three years of public ministry, providing them with the foundation to grow into true disciples. Now imagine this as a math problem: If someone were to rely solely on attending a one-hour worship service each week, it would take 192 years to accumulate that same amount of time ($52 \text{ weeks} \times 1 \text{ hour} = 52 \text{ hours per year}$; $10,000 \div 52 = 192$). Even if we include time spent in prayer—such as before meals, on waking, and before bed—amounting to about two hours per week, it would still take 96 years to reach 10,000 hours. This calculation highlights a beautiful truth: becoming a disciple and a citizen of God’s kingdom isn’t about checking boxes or fulfilling minimal obligations—it’s about embracing a daily walk with Christ. Through



consistent time in God's Word, prayer, and intentional discipleship, we can immerse ourselves in his presence and grow deeply in faith. Instead of focusing on limitations, let's rejoice in the opportunities we have each day to draw closer to Jesus and let his transformative love shape our lives.

Of course, investing a lot of time in religious activities does not always equate to living as a true child of God. Many people who have attended church for a long time may not grow in their faith and sometimes fail to be a positive example. However, after accepting Jesus as Lord and Savior, if one does not intentionally invest time in following Jesus and his Word and in practicing spiritual disciplines, spiritual growth will be diminished.

Why is spiritual growth necessary if one is already saved through faith in Jesus? While this question might seem simplistic, it appears that many within the church today have little interest in spiritual growth. According to a 2023 survey conducted by the Ministry Data Institute, 39.5 percent of church attendees were identified as nominal Christians.¹ These are individuals who do not participate in any church activities outside of worship services, rarely read the Bible or pray, do not identify as Christians themselves, or lack assurance of salvation. Among these nominal Christians, many might not have experienced true spiritual rebirth, but some may consider themselves born again. For those who believe they are saved or think they have been born again, growth is not optional—it is a duty. Just as Jesus came to reveal the Father to humanity (see John 14:9), those who believe in Jesus and who have become children of God must also grow in order to reveal the Father to others who still live as if they have not been saved.

What about you? Have you embraced Jesus Christ as your Lord and Savior and experienced the joy of being born again? If so, are you growing in your faith by living according to God's Word? Are you allowing your life to reflect his love and truth to those who have yet to believe? For those who are born again, growing into individuals who reflect God's character is a joyful and fulfilling journey. Staying close to the Word of God—the Bible—is essential for this growth. By reading, studying, and meditating on the Scriptures, you can align your life with God's desires and delight in living a life that pleases God. Each step toward God deepens your relationship and reveals God's beauty to the world around you.

2. Bible Study

To learn or study something fundamentally means to increase knowledge through reading, organizing, understanding, and memorizing. However, stopping there does not constitute true learning. Studying should not only involve accumulating knowledge but also using that knowledge to solve the problems you encounter in life and, ultimately, to govern your heart. Specifically, when it comes to Bible

1. Ministry Data Institute, "About Nominal Christians," no. 217, November 28, 2023, http://www.mhdata.or.kr/mailing/Numbers217_231128_Full_Report.pdf.



study, the goal is not merely to read, organize, and memorize the content in preparation for an exam. Therefore, it is essential to clarify what Bible study truly signifies. The apostle Paul explained the content of the Bible and the benefits of studying it as follows: “All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that the person of God may be proficient, equipped for every good work” (2 Tim. 3:16–17). The Bible is God’s word given to us, so if we study and educate ourselves well, we can grow as citizens of God’s kingdom and be equipped to do every good work. This is the decisive reason why we should teach and study the Bible.

Paul also explained what those who teach God’s Word should be like in another place: “Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I arrive, give attention to the public reading of scripture, to exhorting, to teaching” (1 Tim. 4:11–13). This was Paul’s advice to Timothy, the pastor of the church in Ephesus. However, this advice also applies to all leaders who teach the Bible. Those who teach God’s Word should be examples to learners of the Bible, in speech, conduct, love, faith, and purity. Those who teach the Bible should not only impart knowledge with their lips but also teach with their lives.

3. Bible Study for Growth

Above, we briefly explained the qualifications or attitudes of teachers while stating that those who teach the Bible should live exemplary lives. We also explained that through Bible study, one can grow and be equipped to live as a citizen of God’s kingdom. Now, we will briefly explain the attitude of learners and the method of Bible study for growth.

How regularly do you engage with the Bible? Do you make time to read it daily or weekly? While attending Sunday worship and listening to sermons is valuable, encountering God’s Word only during those moments may limit your spiritual growth and the ability to bear the fruits of a life rooted in Christ. By prioritizing the Bible and allowing it to shape your heart and mind each day, you can experience deeper growth as a disciple of Jesus and live fully as a citizen of the kingdom of God.

Let’s assume you are someone who tries to read, meditate, and even memorize the Bible daily. Is your faith growing well? Are you showing signs of growth as God’s people year after year? Are you living by doing many good deeds? If so, you could say you are studying the Bible well. However, many Christians confess that even though they study the Bible diligently and try to apply what they’ve studied in their daily lives, it doesn’t work well. Why is that? It’s because God’s Word is not dominating our hearts and minds. The wise King Solomon taught, “For as he thinks in his heart, so *is* he” (Prov. 23:7, NKJV). Our character and life are the state of our hearts and minds. Therefore, to live as God’s people according to God’s Word, God’s Word must dominate our hearts and minds.



How can we make God's Word dominate our hearts and minds? Instead of finishing studying God's Word in ten, twenty, or thirty minutes a day, we must meditate on it day and night. Also, while studying the Bible, we must meditate on the word God gives "day and night" (Ps. 1:2). The original word for *meditate* here, *haga*, means "to murmur" or "to mutter." In other words, it means to speak God's word with our lips. If we study the Bible and meditate on God's word day and night, we will be equipped to do all good works, becoming perfect as God's people.



III. Living Thoughts

1. What is your favorite Bible verse or the verse that has had a significant impact on your life?
2. Until the next meeting, please read the Bible daily according to a reading plan or a plan you have set, and meditate on a verse that touches your heart among the passages you read.

