

## More Ways to Meditate

- 1) Emphasize different words in the text.
- 2) Rewrite the text in your own words
- 3) Formulate a principle from the text.  
Ask:
- 4) Think of an illustration of the text.
- 5) Look for applications to your life.
- 6) Ask how the text points Law or Gospel
- 7) Ask what problem or question was solved.
- 8) Create an artistic expression of the text.

### 9) Ask **ဖုံလံးပံး ၄:၈**

**Philippians 4:8(GW)** (၈ တၢ်ကတိၤလၢခံကတၢ်အံၤ, ပုၤသ့ၣ်ဝဲၣ်သ့ၣ်ဒၤ, ဖဲဒၣ် တၢ်မ့ၢ်တၢ်တီၤ, ဖဲဒၣ်တၢ်လၢတၢ်ကပီၤ,ဖဲဒၣ်တၢ်တီၤတၢ် လိၤ, ဖဲဒၣ် တၢ်စီတၢ်ဆုံ, ဖဲဒၣ်တၢ်လၢတၢ်အဲၣ်အီၤ,ဖဲဒၣ် တၢ်ဟူထီၣ်သါလီၤလၢအဂ့ၤသ့ၣ် တဖၣ်, တၢ်ဂ့ၤဝါလၢက ပီၤမ့ၢ်အိၣ်, ဒီးတၢ်စံးထီၣ်ပတြၢၤမ့ၢ်အိၣ် ဒီးဆိကမိၣ်လၢ တၢ်တဖၣ်န့ၣ်အဂ့ၢ်အကျိၤတက့ၢ်. questions.

- 10) Set and discover a minimum number of insights from the text.
- 11) Find a common link or thread between what you are reading.
- 18) Which verse(s) from today's study most impacted you regarding the need to read your Bible? Why?
- 19) Which suggestion(s) will you put into practice this week as you read your Bible?

## Read Your Bible

**မၤတၢ် ၁၇:၁၀၁-၁၂** လဲၤတုၤဝဲဒီး, လဲၤန့ၣ်ဝဲ လၢပုၤယုၤဒၤဖိအဘျီၣ် ဘျီၣ်ပုၤလီၤ. <sup>11</sup> ဒီးပုၤတဖၣ်န့ၣ်အ သးဂ့ၢ်ပုၤသးစၤလနံဖိတက့ၢ်, ဒီးတုၤလိာ်တၢ်အက လုၢ်အကထါလၢအသ့ၣ်ဆူၣ်အသးဆူၣ်, ဒီးတၢ်န့ၣ်တ ဖၣ်မ့ၢ်တၢ်ဒ်န့ၣ် တမ့ၢ်တၢ်ဒ်န့ၣ်လဲၣ်န့ၣ်, ယုၤကွၢ်တၢ်ကွဲး အသး, ထံထံဆးဆးသ့သ့တနံၤလီၤ.<sup>12</sup> မၤသးဒ်န့ၣ်ဒီး, ပုၤစ့ၢ်က့ၤန့ၣ်က့ၤ လၢအကျါအါဂၤ, ဒီးပုၤဟ့ၤလ့ၣ်မုၢ်အိၣ်ဒီးအလၢအကပီၤ, ဒီးပိာ်ခွါ, နၢ် စ့ၢ်ကီးဝဲတစ့ၤဂၤဘၣ်လီၤ.

- 1) What did the Bereans do?
- 2) Why was this praised?
- 3) What was the result of this?
- 4) What does this tell you about the importance of Bible study?
- 5) What are some ways that you can study your Bible?

**၂ တံၤမသး ၃:၁၄-၁၇** <sup>14</sup> မ့ၢ်နိဒၣ်အံၤအိၣ်နဲဆိးနဲလၢတၢ်လၢနမၤ လိအီၤ, လၢနသ့ၣ်ညါလၢအမ့ၢ်အမ့ၢ်အတီတဖၣ်အပူၤ တက့ၢ်. နမၤလိတၢ်လၢမတၤမတၤအအိၣ်န့ၣ်, နသ့ၣ် ညါလီၤ.

<sup>15</sup> ဒီးလၢနမ့ၢ်ဖိဒ်ဖိသ့ၣ်လံၤလံၤန့ၣ်နသ့ၣ်ညါ တၢ်ကွဲးအသးစီဆုံတဖၣ်, လၢအဒုးကုၣ်သ့ကုၣ်ဘၣ်န့ၣ်, တုၤလၢတၢ်အုၣ်က့ၤခိၣ်က့ၤန့ၣ်လၢ တၢ်န့ၣ်ယုၣ်ရှုၣ်ခရံၣ် အသိန့ၣ်သ့လီၤ. <sup>16</sup> ကယဲၢ်တၢ်ကွဲးအသးခဲလၢန့ၣ်,

ကွဲးအသးလၢယွၤ အသးစီဆုံ, ဒီးဂ့ၤလၢသိၣ်တၢ်သီတၢ်အဂီၢ်, လၢသိၣ် ဃီၣ်တၢ်အဂီၢ်, လၢဃုာ်လိၤတၢ်အဂီၢ်, လၢသိၣ်လိၣ်န့ၣ် လိတၢ်လၢတၢ်တီ တၢ်လိၤအပူၤအဂီၢ်, <sup>17</sup> ဒ်သိးယွၤအပူၤ ကညီကလၢထီၣ်ပဲၤထီၣ်, ဒီးကအိၣ်ကတၢ်ကတီၤအ သးလၢလၢပဲၤပဲၤ, လၢကယဲၢ်တၢ်မၤဂ့ၤ တမံၤလၢ်လၢ်အ ဂီၢ်လီၤ.

6) How much of the Bible is inspired by God?

7) What does that mean?

8) What does reading and studying the Bible do for you?

**၂ပုးတရူး ၃း၁၄-၁၅** <sup>14</sup> မၤသးဒ်န့ၣ်ဒီး, ပုၤလၢတၢ်အဲၣ်အီၤသ့ၣ်ဒၢ, မ့ၢ်သုကွၢ် လၢတၢ်တဖၣ်န့ၣ်အကျဲဒီး, ကျဲးစးလၢအကထံၣ်န့ၣ်သု လၢသုတမဲၣ်သုတမဲၣ်ဂီၤဘၣ်, ဒီးတသံၣ်သုတမိၢ်ကျၢ် ဘၣ် လၢတၢ် ဃူတၢ်ဖိးအပူၤတက့ၢ်. <sup>15</sup> ဒီးဟံပကစၢ်အ တၢ်ဝံသးစူၤလၢတၢ်အုၣ် က့ၤခိၣ်က့ၤတက့ၢ်. ဒ်ပဒီပုၤဝဲၢ် သးဘိစီၤပီလူးကွဲးန့ၣ်စ့ၢ်ကီးသု ဒ်တၢ်ကူၣ်သ့ကူၣ်ဘၣ် လၢတၢ်ဟ့ၣ်လီၤအီၤအသိးန့ၣ်လီၤ.

9) What does Peter say about some things in Paul’s letters?

10) How does this give you comfort in your Bible reading?

11) Why should you be careful about who you choose to consult about what you are reading in your Bible?

**Meditation**

12) How would you define meditating on scripture?

**လံာ်စီၤယီၤရှူ ၁း၈** <sup>8</sup> လံာ်တၢ်သိၣ်တၢ်သီအံၤ တဘၣ်ဟးထီၣ်ကွံာ်လၢ နထးခိၣ်ဘၣ်, မ့ၢ်နဘၣ် ဆိကမိၣ်လၢ အပူၤလၢ မုၢ်ဆါဒီးလၢမုၢ်နၢ, ဒ်သိးနကပလီၢ်နသး, ဒီးမၤတၢ် ဒ်ကယဲၢ်တၢ်ကွဲးအသးလၢအပူၤလီၤ. အဂ့ၢ်ဒ်အံၤ,တုၤ နုၤတစုနကဒုးဘိၣ်ထီၣ် ညီထီၣ်နကျဲ, ဒီးနကမၤဒီး တၢ်ကူၣ်သ့လီၤ.

13) What is Joshua told to do?

14) What is promised?

15) Was this promise only limited to Joshua? Why or why not?

**စံးထီၣ်ပတြၢၤ ၁း၁-၃** <sup>1</sup> ပုၤလၢအတလဲၤဘၣ်ဝဲလၢ ပုၤတတီတလိၤဘၣ် အ ကူၣ်ထီၣ်ဖးလီၤတၢ်အပူၤ, ဒီးတဆၢထၢၣ်ဘၣ်ဝဲလၢ ပုၤမၤတၢ်ဒီးဘး အကျဲ, ဒီးတဆ့ၣ်နီၤဘၣ်ဝဲလၢ ပုၤ ဒုၣ်ဒွဲၣ်တၢ်အလီၢ်ဆ့ၣ်နီၤဘၣ်န့ၣ် ဘၣ်ဆိၣ်ဂ့ၤဝဲလီၤ. <sup>2</sup> ဒီးမုၢ်လၢဝဲလၢ ယွၤအတၢ်သိၣ်တၢ်သီအပူၤ, ဒီးလၢ အတၢ်သိၣ်တၢ်သီန့ၣ် ဆိကမိၣ်ဝဲလၢမုၢ်ဆါဆဲးလၢ မုၢ်နၢလီၤ. <sup>3</sup> ဒီးကမၤသးဒ်သ့ၣ်သ့ၣ်လီၤအသးလၢ ထံဖိကျိအနံၤ လၢအသ့ၣ်ထီၣ် လၢအဆၢကတီၢ်ဒ်ဝဲ, ဒီးအလၣ်တ လီၤညွံးဘၣ်အသိးန့ၣ်လီၤ. ဒီးကယဲၢ်အမၤတၢ်တမံၤ လၢ်လၢ်န့ၣ်, ကကဲထီၣ်လိၣ်ထီၣ်တၢ်လီၤ.

16) Why doesn’t the blessed person listen to wicked people?

17) What is the result of this?