

# GROUNDING IN TRUTH

## VOLUME ONE

A NINE-WEEK BIBLE STUDY ON THE ESSENTIALS OF  
THE CHRISTIAN FAITH STRAIGHT FROM GOD'S WORD



**Grounded in Truth: Volume One (Bible Study)**

Published by Love Worth Finding Ministries, Inc.  
PO Box 38300  
Memphis TN 38183-0300

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Printed in the United States of America

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## INTRODUCTION

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# GROUNDED IN TRUTH

Many people say they believe the Bible. They give lip service to the fact that the Bible is the inspired, inerrant, infallible, authentic Word of God. But they don't take the time to study it. They don't know what the Bible says, and they don't live by it. They don't assimilate it into their everyday lives, and when trouble comes, they don't stand on it. They don't have theology; they have me-ology. They live for right now and don't consider their eternal future. They follow their truth without knowing THE Truth. If we say that we believe the Bible, we must study it so that we can know that it is true.

It is absolutely imperative that you be certain about your faith. Until you get the basic truths of Christianity settled, you will not get much of anything else settled in your life. Despite what others may say, you can know for certain that you are saved through the truth of God's Word. When you trust Jesus, God is at work, making you more like Jesus, and using you in His kingdom. When you know the answers to questions about the essentials of the Christian faith, your life can be more of an exclamation point than a question mark.

Today, people question everything. Everything that is not nailed down is coming loose, and the devil is pulling up nails as fast as he can. In this study, we go back to the basics to help you get the truths of the Christian faith nailed down. When you know these truths, you will be secure in your faith. When you are secure in your faith, you have the opportunity to share the truth with others. Join us and become grounded in the Truth.



You don't have to check  
your brains at the door  
to believe that the Bible  
is the Word of God.

ADRIAN ROGERS

## WEEK 1

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# HOW CAN I BE CERTAIN ABOUT THE WORD OF GOD?

### ■ INTRODUCTION

What do you believe about the Bible? There are those who simply hate God's Word. Some don't despise it; they just deny it. They don't believe the Bible is the Word of God. Others distort it and twist it to their own destruction. Some dissect it and come to the Bible with their measuring rods and their scalpels, bent on finding its shortcomings. They treat the Bible more like a math book than a love story. They are always learning but never able to come to the knowledge of the truth. Others disregard it and say it's not relevant or important. They say we should forget all of that religious hocus pocus. They don't have theology; they have me-ology—speak your truth, and I'll speak mine; live your truth, and I'll live mine. In reality, there is only one truth, God's truth, which He gave us through the Bible.

Are you certain that the Bible is God's Word? God's Word, written in the Bible, is truth, and your usefulness, your well-being, and your eternal destiny depend on it. If you want to live like an exclamation point rather than like a question mark, you need to be certain the Bible is the Word of God. This week we are going to look at the ways we can be certain the Bible is true.

### ■ PRAY OVER IT

*Dear God, I want to be more certain of Your Word because sometimes I have doubts, and I'm bringing my doubts to You. Show me the truth about the Bible and give me the courage to live by Your Truth. Guide my thoughts and bring me a deeper understanding of who You are. In Jesus' Name, Amen.*

## DAY 1

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# SCIENTIFIC ACCURACY OF THE BIBLE

### ■ PONDER IT

The Bible itself claims to be the Word of God. It also gives a strong warning to anyone who would add or take away from it.

**For I testify to everyone who hears the words of the prophecy of this book: If anyone adds to these things, God will add to him the plagues that are written in this book; and if anyone takes away from the words of the book of this prophecy, God shall take away his part from the Book of Life, from the holy city, and from the things which are written in this book (Revelation 22:18-19).**

God put in place many safeguards and assurances to guard His Words as they are written in Scripture. Therefore, we can know that the Bible is true. This week, we will learn several reasons we can be certain that the Word of God is true.

**We can know the Bible is the Word of God because of its scientific accuracy.** The skeptic will say that the Bible contains scientific errors. However, the Bible is not a science textbook. It was not given to tell us how the heavens go, but how to go to Heaven. The God of creation and the God of salvation are the same. Science doesn't take God by surprise.

The ancient Egyptians, the leading scientists of their day, thought the Earth was supported by pillars. The Greeks believed the Earth was held up by the back of Atlas, a mythical giant. In the Bible, we read what is true:

**He stretches out the north over empty space; He hangs the earth on nothing (Job 26:7).**

Another scientific fact that the Bible proves is that the world is round. Even in Christopher Columbus' day, the greatest civilizations believed that the world was flat. Thousands of years before then, Isaiah spoke the scientific truth:

**It is He who sits above the circle of the earth (Isaiah 40:22a).**

In 150 BC, an astronomer named Hipparchus created a catalog of the stars. Hundreds of years later, Ptolemy, another astronomer, found even more stars. Later on, a young medical student named Galileo invented the first telescope. He found millions and millions of stars, disproving all the greatest minds who lived before him. Today, we know that there are countless stars that dwell within countless galaxies. The Bible told us this all along.

**“As the host of heaven cannot be numbered, nor the sand of the sea measured, so will I multiply the descendants of David My servant and the Levites who minister to Me” (Jeremiah 33:22).**

■ **PUT IT IN WRITING**

- What messages have you heard from the world about the relationship between the Bible and science?
- Have you ever had doubts about the validity of the Bible? Write them down. Then, write down a prayer, asking God to help you this week to trust Him by faith and learn more about why you can rely on His Word.

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Every now and then science may disagree with the Bible. Just give the scientists time, and maybe they will catch up.

ADRIAN ROGERS



## DAY 2

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# BIOLOGY IN THE BIBLE

### ■ PONDER IT

Biology is another aspect of science that gives us proof of the Bible's validity. Our bodies are living proof of God's fingerprint.

**I will praise You, for I am fearfully and wonderfully made (Psalm 139:14a).**

For many centuries, people thought that illnesses were only concentrated in blood. Sick people would go to barber shops to be cut with razors because they thought the tainted blood would drain out. Many died as a result of this erroneous practice. The red, white, and blue stripes that swirl around poles outside of barber shops still remain to symbolize the procedure. We now know that there are some diseases that are housed in the blood, but we do not drain people's veins to treat them.

The Word of God says that life, not illness, is in the blood. No hematologist on earth can say it any better than God has succinctly said it:

**“For the life of the flesh is in the blood” (Leviticus 17:11a).**

The Black Plague came to Europe in the fourteenth century. It desolated the population. An estimated sixty million died in the plague, and no doctor knew what to do. It was not the scientists who brought the plague to an end, but the Church. With no knowledge of microbiology, they gleaned from Moses' ancient writings in the Word of God, which taught the sick to quarantine.

**“He shall be unclean. All the days he has the sore he shall be unclean. He is unclean, and he shall dwell alone; his dwelling shall be outside the camp” (Leviticus 13:46).**

A physician in Vienna, Austria, named Semmelweiss noticed that one in six pregnant women died from infection. Semmelweiss tried to find out what was wrong, and he noticed that the doctors were going from

the morgue, where they would do pathological studies and post mortems and autopsies, straight into the maternal exam rooms...without washing their hands. They were spreading diseases and infections. Semmelweiss suggested that the physicians begin washing their hands before entering the exam rooms, and there was significant outcry among the doctors due to the inconvenience of taking extra time for another step in their duties. Yet, when they applied the new protocol, the death rate dropped to one woman out of 84. Now we understand why: there are microscopic organisms that spread infection, and we must wash our hands to prevent them from spreading.

In the Bible, God told us how to prevent infection, long before the discoveries of modern medicine. God gave Moses direction on what the Hebrews should do after handling wounds and dead bodies.

**“The clean person shall sprinkle the unclean on the third day and on the seventh day; and on the seventh day he shall purify himself, wash his clothes, and bathe in water; and at evening he shall be clean” (Numbers 19:19).**

Centuries before modern technology and medical practices, God taught the concepts of quarantining, bathing, and allowing time for bacteria to die. The discovery of germs did not take God by surprise. Modern science confirms what God’s Word has taught for millennia.

#### ■ PUT IT IN WRITING

- How does today’s message encourage your faith? What stood out to you?
- Do you look to Scripture to confirm what you learn in your life, or vice versa? How did today’s reading challenge your approach?

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When you believe the Bible, it is not a leap  
into the dark, it is a step into the light.

ADRIAN ROGERS

# HISTORICAL ACCURACY OF THE BIBLE

## ■ PONDER IT

**We can have confidence in Scripture because of its historical accuracy.** Just like the Bible is not a science textbook; it is also not a history textbook. Even still, it accurately records history.

The first five books of the Bible were written by Moses. Some scholars believed that people in his time were illiterate, so it would have been impossible for Moses to be an author. But then in 1887, ancient clay tablets were discovered in Northern Egypt. We now call these tablets the “Amarna letters.” They were writings that described business transactions between Egyptians and Palestinians from centuries before Moses was born. Not only did the people of Moses’ time know how to write, but they had a postal system.

In Daniel 5, the author described a feast at which the king of Babylon, Belshazzar, witnessed the fingers of a man’s hand writing words of prophecy on the wall. For centuries, archeologists couldn’t find records of a Babylonian king named “Belshazzar,” so they concluded that the Bible was wrong. But in 1854, archeologists discovered evidence of Belshazzar in four unearthed, ancient texts called the “Cylinders of Nabonidus.” Belshazzar was the son of Nabonidus, the co-ruler of Babylon at the time. This is why it makes sense that Belshazzar deemed Daniel the “third ruler” of the kingdom.

Scripture confirms history, and many archeological facts confirm Scripture. But even if relics were not discovered, God’s Word would still be true.

## ■ PUT IT IN WRITING

- What does it say about God's character that the Bible is historically accurate?
- What should believers do when they hear claims that the Bible is not historically accurate? How does it change the argument when you come to the Bible believing that it is historically accurate?

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The Bible is not the book of the week; it is not the book of the month; nor is it the book of the year. It is the book of the ages!

ADRIAN ROGERS

# UNITY OF THE BIBLE

## ■ PONDER IT

**We can have confidence that the Bible is the Word of God because of its unity.** The Bible is one book, but it contains 66 books: 39 books in the Old Testament and 27 books in the New Testament. These books were written by at least 40 different authors over a period of about 1,600 years. They were written in 13 different countries and on three different continents by people of varied backgrounds. The authors were shepherds, kings, soldiers, princes, priests, fishermen, scholars, and historians. Some were business and professional men, and others were common laborers. The Bible contains information written on countless subjects in three different original languages. Yet, even with multiple authors in multiple locations and time periods, it reads as one book from Genesis to Revelation.

The Bible is like a garment. You can pull a thread from the top, and it wrinkles all the way to the bottom. Read the Bible your entire life, and its unity will confirm your faith time after time.

The Bible has but one theme: salvation. The Bible has one hero: Jesus. It has one villain: the devil. Its one purpose is to glorify God. Jesus himself said that the Scripture cannot be broken (see John 10:35). The united Holy Scriptures were written by divine inspiration.

Here is an illustration someone gave about the unity of the Bible: suppose the United States decided to build in Washington a monument to the fifty states, made up of native rocks from each location. There would be coral from Florida, granite from Georgia, limestone from Tennessee, and so on. The rocks would be all different shapes, sizes, and colors. Imagine that each completely different stone could interlock to create a beautiful, symmetrical temple. It would be nearly impossible for all those stones to fit together by mere happenstance. It would have to be done on purpose by the work of a master architect.

The Holy Scripture is God-breathed, eternal, united, and intentional. On every page, we see the redemptive story that has its fruition in Christ. The Apostle John wrote about this:

**In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it (John 1:1-5).**

Everything written in Scripture fits together for the purpose of God's glory and our instruction. By design, though it covers a variety of subjects and historical time periods, it is cohesive and complete.

■ **PUT IT IN WRITING**

- Why do you think God chose to use multiple authors to write His Word? What is the purpose of the diversity within the unity we see in Scripture?
- What are some biblical themes you see that are consistent across the entire Bible? What do we see about God's character in every book?

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The Bible addresses one problem—sin.  
The Bible has one villain—Satan.  
The Bible has one hero—Jesus.  
The Bible has one purpose—to glorify God.

ADRIAN ROGERS

# FULFILLED PROPHECY AND LIVING QUALITIES OF THE BIBLE

## ■ PONDER IT

**We can have confidence in the Bible because the prophecies have come true.** The Word of God contains hundreds of fulfilled prophecies.

Over three hundred prophecies about Jesus in the Old Testament are fulfilled in the New Testament. Statisticians confirm the impossibility that they were fulfilled by random chance. Consider these Old Testament prophecies that came true in the New Testament:

- He would be born of a virgin (Genesis 3:15)
- He would be born of the Seed of Abraham and bless all nations (Genesis 12:3)
- He would be a Lamb without blemish, living a perfect life (Exodus 12:5)
- Not one of His bones would be broken (Numbers 9:12)
- He would be cursed by hanging on a tree (Deuteronomy 21:23)
- He would be of David's lineage (2 Samuel 7:12)
- He would be betrayed by a friend, not an enemy (Psalm 55:12-14)
- He would be born in Bethlehem (Micah 5:2)

Jesus gave all of these prophecies and arranged their fulfillment thousands of years before He was ever born. Most importantly, He arranged that he would come out of the grave that third day. Many of the 500 people who saw Him after His resurrection confirmed this to their own deaths, with nothing material to gain, because they were no longer afraid of death.

Many men will live for a lie, but none will die for it. Fools may die for a lie when they think it's the truth, but these people were convinced that Jesus Christ had come out of that grave. His followers would not have knowingly died for the sake of a lie. In fact, most of the Messianic prophecies were fulfilled by those who would gain from them *not* being fulfilled. We have undeniable proof that Jesus was the Messiah and that Scripture is the Word of God.

**We also know that the Bible is true because of its ever-living qualities.** No book has ever had as much opposition as the Bible. Men have laughed at it, scorned it, ridiculed it, made laws against it, and burned it. Yet, the Word of God has survived, and it is still applicable today.

**“But the word of the LORD endures forever” (1 Peter 1:25a).**

**We know the Bible is God’s True Word because it changes lives.** We read other books, but this book reads us. It is the only book that is saving for the sinner, sanctifying for the saint, sufficient for the sufferer, and satisfying for the scholar. It is a bottomless ocean of knowledge, wisdom, comfort, instruction, and answers to life’s problems. People read His Words and transform into versions of themselves that are not possible without the work of the Spirit. The Bible is divinely inspired, ever-living, and ever transforming.

**For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart (Hebrews 4:12).**

#### ■ PUT IT IN WRITING

- Do you believe the Bible is the Word of God? Why or why not? If not, what else would it take for you to believe?
- Which role of Scripture applies to you this week: saving for the sinner, sanctifying for the saint, sufficient for the sufferer, or satisfying for the scholar? Why?

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The Scriptures are shallow enough  
for a babe to come and drink without  
fear of drowning and deep enough  
for theologians to swim in without  
ever reaching the bottom.

ADRIAN ROGERS



## DAY 6

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# CERTAINTY IN THE WORD OF GOD

### ■ PRACTICE IT

All of the Bible can be summed up in these well-known words: “Jesus loves me, this I know, for the Bible tells me so!” God loves you, and we can be certain of that through His Word. The Bible tells us that Jesus left Heaven, came to Earth, suffered, bled, and died for your sin. It says that God raised Him from the dead, and He is ascended to Heaven. Salvation is a gift of grace, and you can have it if you will trust Him. The same Jesus who fulfilled hundreds of prophecies two thousand years ago will save you and keep you according to the Word of God, the Bible.

Do you know that if you died today you would go to Heaven? If you do not have assurance of your salvation, the Bible says that Christ can save you. If you trust Him, you will be with Him one day in Heaven.

If you want to be saved, pray this prayer:

*Dear God, I'm a sinner. I'm lost and I need to be saved. Jesus, I believe You are the Son of God. I believe You paid my sin debt on the cross. I believe it according to your infallible Word. I believe that You were raised from the dead, and now like a child, I lay my pride in the dust and trust You. Thank you for saving me. Help me never to deny You. In Jesus' Name, Amen.*

If you are convinced that the Bible is true, then it must affect the way you live. One of the greatest enemies of the Word of God is a person who gives lip service to the Bible but does not live by it. If you believe it is the Word of God, you must study it, know it, live by it, assimilate it, and stand on it. In these days when everything that is not nailed down is coming loose and the devil is pulling nails as fast as he can, you must stand on this Book. God has given you the Word of God; it's time to live like it matters.

## ■ PROCLAIM IT

If you feel like this week of study has stirred up more questions than answers, take some time to talk with your pastor about what you are struggling with. There are many more examples of the scientific and historical accuracy of the Scriptures than we could share here. Take the time to research and discern the truth of God's Word. Your pastor can point you to more resources for you to explore that might give you a different perspective.

If there is something you learned this week that someone in your sphere of influence would benefit from hearing, pray and ask God to give you an opportunity to share. Ask God to give you the courage to speak the truth when the time is right.

If you prayed to receive Christ, please share your decision with another Christian you know or with your pastor. We would also like to hear about it, so that we can provide you with free resources to help you grow in your new faith. Please let us know by going to [lwf.org/discover-jesus](http://lwf.org/discover-jesus), scrolling down the page and clicking on *I Believe*.

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You will never be strong until you  
begin to feed on God's Word.

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