

## OPEN

What was the last thing in your life that demanded a lot of thought, focus and concentration? Why was this so?

## STUDY

Meditation is something we don't talk a lot about as Christians. This may be because we get a picture in our mind of a person sitting cross-legged with closed eyes, humming or chanting some unintelligible words. **But the word meditation shows up too many times in the Bible for us to ignore! Rather than avoid the concept of meditation, let's dig in and figure out what God has in mind for us. One definition of biblical meditation is "*deep thinking on the truths and spiritual realities revealed in Scripture, or upon our own lives from a scriptural perspective, for the purposes of understanding, intimacy and growth.*"**

Take a look at the following verses and consider what they say about meditating on the Word:

1) Joshua 1:7-11 – What was the goal/outcome of meditation according to this passage? What was the desired character trait to come from meditation?

2) Psalm 1:1-3 – What does this passage have to say about the discipline and benefits of meditation on God's Word? How might the roots of a tree serve as a picture of the practice of meditation?

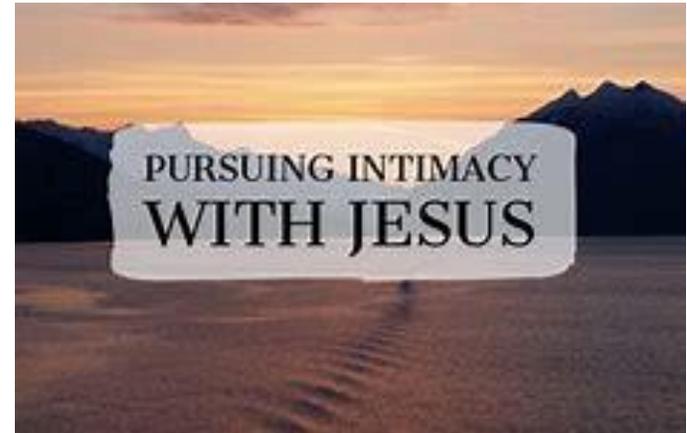
3) James 1:25 – What does this verse have to say about the discipline and benefits of looking intently into the words of Scripture?

4) Here are a few more verses that talk about Bible meditation. How do they help us better understand the concept of biblical meditation? (Psalm 119:15, Psalm 63:6, Psalm 143:5)

## APPLY

- Meditation is a biblical concept and practice. Why do so many fail to practice it? What are some of the misconceptions we might have about biblical meditation and worldly meditation?

- Why is a deep, thoughtful dive into Scripture almost always better than a quick glance?
  
- A big part of meditation is taking the light of God's Word and shining it into our own lives. James described it as acting like a mirror (James 1:22-24). When was the last time God's Word caused you to think in an eye-opening way about your thoughts, attitudes and/or actions?
  
- What is required for us to have a time of fruitful Bible meditation?
  
- How well does the practice of Bible meditation and our hurried, fast-paced, ever-changing world go together? How does culture impact your time in God's Word?



## MESSAGE GUIDE

February 9th, 2020  
Pastor Kurt Staeuble