



# SPIRITUAL FORMATION

*Christian meditation, very simply, is the ability to hear God's voice and obey his word. It is that simple. – Richard Foster*

*Merely having an open mind is nothing. The object of opening the mind, as of opening the mouth, is to shut it again on something solid. – G. K. Chesterton*

## GETTING STARTED

What are the first images that come to your mind when you think of meditation?

### QUESTION ONE

What is the biggest challenge you face when meditating on God's Word? Do you struggle with understanding? Finding the time? Fighting off distractions?

### QUESTION TWO

Read Joshua 1:8 and Psalm 1:1. What do they tell us about what it means to meditate on God's Word?

**FOLLOW UP:** According to these passages, what are the blessings that come from meditating on God's Word?

### QUESTION THREE

In **Spiritual Disciplines for the Christian Life**, Donald Whitney describes meditation as: *deep thinking on the truths and spiritual realities revealed in Scripture for the purposes of understanding, application and prayer.*

From your experience, what is the purpose for meditating on God's Word?

**FOLLOW UP:** Read John 5:19, 30. What is the relationship between obedience and meditating on God's Word?

### QUESTION FOUR

Read Psalm 119:2, 10, 97. The goal of non-Christian meditation is to empty one's mind, where the goal of Christian Meditation is to clear one's mind to fully focus on God. In this Psalm, on what is the author focusing his attention?

**FOLLOW UP:** What might this look like in your life?



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## QUESTION FIVE

Read John 10:4-5, 14. In these verses, Jesus asserts that those who follow Him are able to listen and identify His voice amid all the noise and clutter in this world. Have you experienced this before? What are practical ways you enhance your ability to hear God's voice?

## PRAYER & APPLICATION

Practice meditating as a group! Set aside 5-10 minutes of your group gathering time to meditate together on one verse. Encourage one another to continue to meditate on this verse over the next week. Brainstorm and determine together what those times will look like throughout the week and share with each what you learn. Not sure where to start? Here are a few suggestions:

Colossians 3:15 | Romans 5:1 | Isaiah 26:3 | Psalm 1:1