**SHARPENING THE AXE**

**Journeymen, February 5, 2014**

**Session 3: “Spiritual Disciplines: Meditation”**

**Confusion about Meditation**

Joshua 1:8

Psalms 1:2

**James 1:19-25**

**Meditation is looking intently on God’s revealed truth.**

# Scripture

# Creation

Preaching/Teaching

Worship Music

Books

# Quality VS Quantity

# Scripture memory

Discussion

Contemplate

\* Philippians 4:8

Our issue is not exposure to the truth; the problem is absorbing the truth

**Reminder: What are spiritual disciplines?**

Intentionally directed actions that develop our understanding & expression of our relationship with God.

### **SMALL GROUP DISCUSSION**

**Connect**

1. How did your prayer plan go this week? What did you learn, discover or struggle with?

**Grow**

1. Would you agree that our problem is not exposure to the truth, but absorption of it? Why or why not?

1. What method of meditation will you use this week? How can you combine prayer with it?

**Reach**

1. Meditation should provide insight and learnings from God’s revealed truth. Name someone where you live, work or play that is not connected to church that you could share your learnings with as an encouragement to them.

**Practice Meditation this week.**

Meditate on 1 Corinthians 1-2 & 3-4.