

SHARPENING THE AXE
Journeyman, 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.



Quality VS Quantity

Scripture memory

Discussion

Contemplate

* Philippians 4:8



Scripture

Creation

Preaching/Teaching

Worship Music

Books

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

2. Would you agree that our problem is not exposure to the truth, but absorption of it? Why or why not?
3. 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.

* Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things.

What is *true* about this, or what truth does it exemplify?

What is *honorable* about this?

What is *right* about this?

What is *pure* about this, or how does it exemplify purity?

What is *lovely* about this?

What is *admirable, commendable, or reputation-strengthening* about this?

What is *excellent* about this (in other words, excels others of this kind)?

What is *praiseworthy* about this?