



Meditation

Week of February 28 , 2021

Intro Discussion Questions:

- *Optional -- If you read the Bible Reading Plan from last week, did any verses stand out to you that you would like to share?*
- *When have you felt closest to God in your relationship with him? What helped you to draw nearer to God during that time?*

Read Bible Study Summary:

James 4:8 says, "Come near to God and he will come near to you." Coming near to God happens when, by practicing the spiritual disciplines, we place ourselves in a position to allow the Holy Spirit to bring God's love, God's grace, God's forgiveness, God's mercy, God's guidance, God's wisdom, God's strength, God's peace, and so much more into our lives. In his book, *Celebration of Disciplines*, Richard Foster says, "God has given us the Disciplines of the spiritual life as a means of receiving his grace. The disciplines allow us to place ourselves before God so that he can transform us." He goes on to use the analogy of a farmer who prepares the ground and then plants the seed. The farmer can water, weed and fertilize, but he cannot grow the seed into a plant. Spiritually speaking, when we practice the spiritual disciplines we are allowing the seeds of God's Word to be planted into our hearts where God grows them and allows them to eventually bear the fruits of righteousness! Today, we are discovering the spiritual discipline of meditation! Spiritual meditation allows God to speak to your heart and gives you divine direction based on the truths of His Word. Meditation is vital for drawing near to God!

Main Scripture

1. ***Read Psalm 19:1-14***

What is the Spiritual Discipline of Meditation?

1. **The Explanation of Meditation (Psalm 19:14)**

- Verse 14 is a plea for the meditation of our heart to be pleasing in the sight of the Lord. But, what exactly is meditation?

- Eastern forms of meditation stress the need to become detached from the world. There is a longing to be released from the burdens and pains of this life and be caught up into the effortless, suspended bliss of Nirvana. Personal identity is lost in a pool of cosmic consciousness. Detachment is the final goal of Eastern religion.
- Christian meditation goes far beyond the notion of detachment. The goal of meditation for some is to empty the mind, but as followers of Christ we have the goal to fill our minds with the things of God! Thus, the definition of **Christian meditation is the ability to hear God's voice and obey his word.**
 - **Ask Question** - *What are some of your first reactions to the discipline of meditation? What is your background experience in this area?*
 - **Read Scripture - Matthew 7:7-8** *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.*

2. The Emphasis of Meditation (Psalm 19:1-12)

A. God's Amazing Creation (v. 1-6)

- Verses 1-6 speak of how God's creation declares his praise. God's creation is truly a work of art from the greatest artist ever. Watching a beautiful sunrise/sunset, walking in the mountains or along the seashore, or taking a boat ride through the beautiful lakes and marshes gives us a glimpse of his vast creation. When we take time to meditate on the beauty and complexity of creation, God will speak to our hearts.

B. God's Amazing Revelation (v. 7-11)

- Verses 7-11 speak of the perfect and trustworthy law, precepts, word, and ordinances of the Lord. God has revealed His precious Word to us in the 66 books of the Bible. Written by 40 plus authors over thousands of years, it is absolutely amazing how consistent, constant, and correct it is when it comes to the principles of life, relationships with God and man, morality, integrity, justice, truth, eternity. You name it and there's principles in the Bible to cover it.

C. God's Amazing Salvation (v. 12)

- Verse 12 shows us that the Lord is the only one who can discern all of the errors of our soul. He is also the only one who can forgive all of those sins. You can fool people, but God knows the hidden truth and yet is still willing to forgive those who will admit they're a sinner, believe in Jesus Christ as Savior and Lord, and humbly ask for forgiveness.
 - **Ask Question** - *God's Creation, God's Revelation, God's Salvation. How much time do you spend thinking of these three things throughout the course of your day? How do you think your daily walk would change if you focused on them more?*

3. The Effects of Meditation (v. 13-14)

- Meditation is not just a spiritual exercise to do, meditation has effects. It has a purpose, an end, a goal. What happens in meditation is that we create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart. From that space, He begins to change every corner of our lives. Verse 13-14 shows us that meditation leads to three things:
 - *Freedom from Bondage*
 - *The Ability to Please God*
 - *A Revived Soul*

- **Ask Question** - *What things make your life crowded? In what ways do you think meditation will give you a desire to hear the Lord's voice in the midst of all the clutter?*
- **Read Psalm 119:14-17** *I rejoice in following your statutes as one rejoices in great riches. I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word. Do good to your servant, and I will live; I will obey your word.*

Closing In Prayer

- *Ask Question - What is the greatest challenge you are facing? Is there some way our group can help?*
- Pray together over those requests.