

## Meditating on God's Word

### Goals:

- Clarify a seemingly "mystical" word
- Get a taste together on how to meditate on scripture

### Diving In:

- When you hear the word "meditation" what comes to mind?
- Meditation on the word is supposed to "shape our character, nourish our soul, and permeate the whole of our life." What do you think this means? Have you ever experienced this?
- What role does the Holy Spirit play in meditation, do you think?

### Scripture:

**Psalm 119:15-16** "I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word."

**Psalm 119:97-103** "Oh how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes. I have more understanding than the elders, for I obey your precepts. I have kept my feet from every evil path so that I might obey your word. I have not departed from your laws for you yourself have taught me. How sweet are your words to my taste, sweeter than honey to my mouth!"

**Psalm 119:105** "Your word is a lamp for my feet, a light on my path."

### Ponder Together Further:

- When you read the above Scriptures, what do they do to shape your thinking of meditation?
- What are some obstacles we face in our day-to-day lives that might keep us from meditation? What are some things that might help us meditate?
- Describe what it's like when you read the Bible.
- How much of it do you read a time – large portions at once or smaller chunks over and over? Why?

### Action Steps:

- Meditate on Hebrews 12:1-3 (Print off a copy for each of you to write on)  
Read it over by yourselves slowly 10 times. Then take 15 minutes to journal about what you've read, letting the words and images saturate you as you dwell on them, writing about what the Spirit might be illuminating in your heart about Himself and your life. Share what you see with each other.
- For one week, try to meditate on the same passage every day, journaling about it or practicing creative ways of responding to it. Then come back together the next week and share how the Lord spoke to you.

### Resources:

The Voice of Jesus, Gordon T. Smith

Celebration of Discipline, Richard Foster

"An Invitation to the Spiritual Life", article by Henri Nouwen

"A Guide to Devotional Reading", article by James Houston