

Sunday, March 7, 2010
“A Moment to Meditate”
The Lenten Series



Sometimes the forest, sometimes the trees:

There are times when it is a great idea to just sit down and read a large chunk of the Bible—it tends to give you the “big picture”. But there are other times when the opposite strategy is good—to take a verse or very short passage and concentrate on it. Sometimes in these meditative moments, God will reveal truths to us that only come when we “forget the forest and focus on the tree”.



Time in the Word

The time in the Word this week will focus on that thing called meditation. Not the “emptying of the mind” kind of exercise that eastern religions practice, but the “fill you mind” kind of endeavor that God uses to teach us deep truths about Himself and deep applications to how we should respond.

1. **The content of our meditation.** (read and answer)
 - a. Joshua 1:8 and Psalm 1:2
 - i. What exactly is the object of Joshua and David’s meditation?
 - ii. In both cases the mediation is “day and night”—meaning what? (note: the root of the word “meditate” in Hebrew is the same word used of a cow chewing it’s cud—the constant over and over again chewing)\
 - b. Psalm 63:5
 - i. Sometimes it is the “law” of the Lord that is meditated on; other times it is a little different. What does David say he meditates (NIV= “think of”) about in the watches of the night?
 - ii. How do you meditate on a person (it seems quite different than mediating on the written word of God.)?
 - c. Psalm 77:11-12
 - i. There is a third thing that psalmists “meditated” on—what is it?

- ii. How is this different than the meditation of the two above questions?

2. **The outcome of our meditation.** (read and answer)

- a. Joshua 1:8
 - i. We learned above that the “law of the Lord” was the center of Joshua’s mediation. He “chewed” on it day and night. What was he supposed to do after had meditated on it? (*check out James 1:22 for a look at useless mediation*)
 - ii. There is a promise from God to those who meditate on the word and do it. What is promised?
- b. Psalm 119:15, 23, 48, 78, 148
 - i. Ponder the many times the psalmist says he meditates on the Word of God (statutes, precepts, law). What is the point of all this meditation?



A Call to Action

Meditation is kind of like prayer—we can spend a lot of time studying it or we can actually do it ☺. Below are some great “meditation” verses. Take some time throughout the week to ponder and chew on these. Ask God to show you what they mean and how they should apply to your daily life.

Before Small Group this Week:

Matthew 6:34 (contentment)

Psalm 119:9-11 (purity)

John 16:24 (prayer)

Romans 5:8 (God’s love)

At Small Group this Week:

Here a little exercise you can do together. Take this one verse and quietly in group spend 5 minutes “meditating” on it. Then re-gather and see what different applications different folks got.

“Seek first His kingdom and His righteousness, and all these things will be given to you as well” (Matthew 6:33)