

Lesson Three Discussion Guide

We all have things that demand our time and attention. That's not bad, but often we allow those things to keep us from spending time with Christ.

In the story of Mary and Martha (Luke 10:38-42), how does Martha respond to Jesus' visit? How does Mary respond?

-Martha is distracted by serving and fails to spend time with Christ. Mary chooses to ignore the distraction and just be with Christ.

We can put aside our distractions and spend time with Jesus through reading our Bibles. However, that's not enough. We must also absorb what we're reading. This is where meditation comes in.

Meditation involves filling our minds with thoughts of God and His truth.

Meditation is actually a biblical concept:

1) Joshua 1:8: What do you notice about meditation from this verse?

-We are to meditate day and night

-Those who meditate on God's Word will be successful and prosperous

2) Psalm 1:1-3: What do you notice about meditation from these verses?

-We should delight in the Word of God

-We need constant nourishment from God's Word, just as a tree needs water

3) Psalm 119:98-99: What do you notice about meditation from these verses?

-Those who meditate will gain wisdom and understanding

-Meditation will renew our minds (Romans 12:2)

4) Philippians 4:8: How does this verse relate to meditation?

-We see the kinds of things that we're supposed to think about or meditate on

-All of these virtues describe Scripture (Psalm 19:7-11)

In order to meditate, we should...

1) Spend regular time in God's Word.

2) Look for Christ in the Scripture we read.

3) Choose one aspect of Jesus' person or work to meditate on.

4) Start meditating!

*We are to meditate day and night.

*We are to meditate with our hearts by engaging with Scripture intellectually.

-How can we meditate with our hearts?

- Consider how the text points to Christ
- Think about the wording
- Ask questions of the text
- Allow your thoughts to wander as long as they stay focused on Christ

*We are to meditate with our mouths as well.

-How can we meditate with our mouths?

- Repeat Scripture out loud
- Pray Scripture out loud
- Talk about Scripture with other people

As we think about Christ and God's Word throughout the day, we'll find that we're being drawn closer to Jesus and being transformed more and more into the image of Christ.

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We can put aside our distractions and spend time with Jesus through _____ our _____. However, that's not enough. We must also absorb what we're reading. This is where _____ comes in.

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Lesson Three: Putting it into Practice

Choose a passage of Scripture, then ask yourself these questions to help you meditate on Jesus and God's Word:

1) What does this passage tell me about Christ? _____

2) What words are used to describe Jesus or point to Jesus in this passage?

3) What other verses can I think of that relate to this passage? _____

4) How can I paraphrase this passage? _____

5) What else comes to mind as I think about this passage? _____

