

## **THIS WEEK THINK ABOUT...**

Time of the week you would be able to spend time meditating.

What prevents you from times of meditation.

## **PRAYER**

Father God, I confess my struggle with focusing on you and your word. I get distracted easily and I choose to focus on other things. Give me the diligence to create a habit of meditation in my life.

## **LIFE TOGETHER QUESTIONS**

We have been studying The Way Forward for 5 weeks as a Church. Share with your group some of your biggest takeaways so far? Are you happy with your relationship with God?

How are your friendships? Share with your group the gaps you believe you have in your relationships.

How is work and/or home going? Are you encouraged and excited by what you spend time doing?

**MEDITATION IS ONE OF THE  
HABITS WE CAN DEVELOP  
TO LEAN INTO GOD.**



## **WEEK 5**

*MEDITATION*

### **VIDEO RECAP**

Small Group starter videos can be found on the Christ Church website under small group resources.

### **SERMON RECAP**

#### **Psalm 1**

The Book of Psalms is part prayer book, part hymnal  
The Jewish people often memorized them, through singing and meditation  
Psalm 1 is a “wisdom Psalm”

Contrasts two ways of living, one that leads to trouble  
and one that leads to God

#### **Meditation**

A habit that can be developed

Takes practice

Get quiet

Pick a Scripture and focus on it

NOTES

## **BIBLE EXPLORATION**

**TODAY MEDITATION IS BETTER UNDERSTOOD WITHIN THE CHURCH, IN PART BECAUSE IT IS INCREASINGLY COMMON OUTSIDE IT.**

### **Read out loud -Psalm 1**

What verses describe the different ways of living?

Where do you find the most delight? Things of this world or God's word?

What does Psalm 1 say about the company we spend our time with?

What can we learn from the analogy of being a tree planted by streams of water?

## **LET'S TALK ABOUT IT**

How would you describe the difference between meditation and silence/solitude?

What are some things you find it easy to focus on (i.e. sports, current events, media)?

How are Christians to use meditation? Contrast that to meditation from eastern religions.

Do you agree with Pastor Mike's assertion that meditation is focus on God and his Word?

**IN ORDER TO MAKE GOOD CHOICES, WE NEED AN INNER WORLD THAT IS STRONGER THAN THE OUTER WORLD. WE NEED A RELATIONSHIP WITH GOD THAT IS LOUDER THAN THE INVASION OF CULTURE.**

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