

# Let's Discuss...The Bible

## PART 6\_Meditating on Scripture



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### Key Bible verses:

*But his delight is in the law of the Lord, And in His law he meditates day and night.*

Psalm 1:2 NKJV

*For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

Hebrews 4:12 NIV

### EPISODE SUMMARY

In this episode, we talk about what it means to 'meditate' on Scripture. It's an interesting word to describe studying the Bible, but it's the right one! Meditating on Scripture is the idea of the Bible soaking over a person again and again throughout their lives, refreshing thoughts and spirit.

We talk about how the Bible is divine and Godly... it's amazing how we can read the same words again and again and still receive new life and meaning from them.

### LET'S DISCUSS...

- What do you think of when you hear the word "meditation"? Do you picture monks sitting in silence? Or manifesting things into existence? As Christians, are there parts of these practices that could help us or parts we should stay away from?
- What is the difference between reading and meditating on the Bible? What does your practice of meditating on the Bible "day and night" look like?
- What are some Bible verses you come back to again and again? What about them keeps you coming back?
- Can you share about a time you found something new in a verse that you were already familiar with?
- A great thing to do is to memorise Bible verses so that you can have them with you anytime you need encouragement, empowerment or peace.
  - » What's a verse that you would like to set a goal to memorise? Maybe tell a friend so they can check up on you and help you reach your goal!

### LET'S PRAY...

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

Romans 12:1-2 MSG

- Meditate on Romans 12:1-2 and Psalm 1:2. Ask the Lord to help you delight in the Bible. Pray that meditating on the Bible will become natural to you, and that through that, God would bring the best of you to the surface.

### LET'S GO DEEPER...

- *Everyday with Jesus* by Selwyn Hughes [book]
- *Bible Devotions for Teens* [app]
- *Live on Purpose: 100 Devotions for Letting Go of Fear and Following God* by Sadie Robertson Huff [book]

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- *The Message Solo: An Uncommon Devotional* by Eugene H. Peterson [book]
- *Live in Grace, Walk in Love: A 365-Day Journey* by Bob Goff [book]
- *My Rock; My Refuge: A Year of Daily Devotions in the Psalms* by Timothy Keller [book]
- The **Bible** app has loads of devotional plans you can go through. Search a topic or book of the bible of interest to you or check out some of these...
  - » *Our Daily Bread Teens Edition* (30 day plan)
  - » *BibleProject/Old Testament in a Year* (365 day plan)
  - » *BibleProject/New Testament in One Year* (365 day plan)
  - » *Uncovering the Wisdom of the Scriptures* by Eugene H. Peterson (5 day plan)
  - » *Battlefield of the Mind Devotional* by Joyce Meyer (14 day plan)

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