

Let's Discuss...The Bible

PART 6_Meditating on Scripture



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Scriptures mentioned:

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

Throughout this episode, our team talks about the concept of meditating on Scripture, and how this type of literature was intended to soak over a person again and again throughout a lifetime, allowing it to refresh our thoughts and spirits. We reflect on the divine nature of Scripture that is evident when we manage to read the same words we've read before and glean new life and meaning from them.

Let's Discuss...

- What concepts or images does the word "meditation" conjure up for you? Do you picture monks sitting in silence, or the current cultural concept of manifestation? As Christians, are there aspects of these practices that we could benefit from and are there aspects that we should not seek to mirror?
- What is the difference between reading and meditating on Scripture? What does your practice of meditating on Scripture "day and night" look like?
- What are some Scriptures you return to time and time again? What about them keeps you coming back?
- Can you share about a time you gleaned fresh insight from a verse that you were already familiar with?
- A great practice is to memorize a verse or a few verses together, so that you can access them anytime you need the empowerment, encouragement or peace that they bring to your soul. What's a verse that you would like to set a goal to memorize? Consider mentioning this to a friend so they can hold you accountable to accomplishing 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

- Create time individually or as a group to meditate on a passage. With Romans 12:1-2 and Psalm 1:2 in mind, ask the Lord to help you delight in the Bible. Pray that your practice of meditating on Scripture would grow organically and become natural to you, and that through that, God would bring the best of you to the surface.

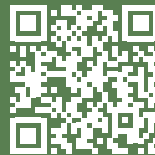
Let's Go Deeper...

- *Everyday with Jesus* by Selwyn Hughes [book]
- *My Utmost for His Highest* by Oswald Chambers [book]
- *The Message Solo: An Uncommon Devotional* by Eugene H. Peterson [book]

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- *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...
 - » *Uncovering the Wisdom of the Scriptures* by Eugene H. Peterson (5 day plan)
 - » *Battlefield of the Mind Devotional* by Joyce Meyer (14 day plan)
 - » *The Bible in a Year* (365 day plan)
 - » *Wondered by the Word - The Bible in a Year* (Chronological 365 day plan)
 - » *BibleProject | Old Testament In a Year* (365 day plan)
 - » *BibleProject | New Testament In One Year* (365 day plan)
- *The Bible as Jewish Meditation Literature* by BibleProject [podcast]