

## What is meditation?

Isaiah 55:8-9; Psalm 63:6, 143:5; Philippians 4:8

**Meditation in the Bible: *The exercise of emptying our mind of incorrect thinking and filling it with what is right and true according to what God reveals to us in His Word.***

## Why would I meditate?

Psalm 1:1-3

1. An Anchored Life.
2. A Fruitful Life.
3. A Refreshing Life.

## How do I meditate on God's Word?

1. Read.
2. Think.
3. Pray.
4. Live.

## LIFE GROUP HOMEWORK

Take some time to focus on the questions below and be prepared to share your answers with the group. Have a great meeting as you come together to connect and encourage one another to grow and to see God work!

### GETTING TO KNOW YOU

Do you ever have difficulty focusing? If so, how do you work around this difficulty?

When you feel distracted and don't want to be, what do you do?

Have you ever committed to memorizing a verse or two of Scripture?

Has that been worthwhile for you in your journey? If so, how?

## **DIGGING DEEPER**

The authors who wrote the Psalms valued meditation and it is mentioned there more than any other place in scripture. In fact, the Hebrew word “selah” was often used in certain Psalms to instruct the reader to stop and reflect. Let’s try it!

### **Read Psalm 32:1-4.**

What can result when sin remains unconfessed?

### **Read Psalm 32:5.**

Imagine the freedom of forgiven sin...Is there something between you and God? Talk with Him about it.

### **Read Psalm 32:6-7.**

There is no better time than today to draw close to God!  
What does this section say about who God is and what He does?

Spend some time thanking God for being your protection and imagine Him as your hiding place surrounding you with songs of victory!

### **Read Psalm 32:8-11.**

Are there times in your life where you’ve fought God on what the best pathway would be?

Why do you think we’re prone to do that?

What is the connection between trust and obedience?

How can we have a pure heart and how are we instructed to respond when God cleans us?

**Re-read Psalm 32 remembering what you’ve reflected on.**

## **Take it Home**

**On Sunday we challenged you to meditate on Psalm 1 all week. Here are some daily ideas that can help you along the way:**

**Day 1**—Read Psalm 1 several times and memorize the first section on the card provided. Talk to God about who you allow to influence your life.

**Day 2**—Read Psalm 1 several times and memorize the first and second sections on the card. Spend time imagining the picture being painted of a tree. Ask God to help you learn how to delight in His Word.

**Day 3**—Read Psalm 1 several times and memorize the first through third sections on the card. Reflect on the distance and emptiness of a life disconnected from God. Pray for anyone who comes to mind that is distant because it’s God’s desire to bring them close.

**Day 4**—Read Psalm 1 several times and memorize the last section on the card. Recite the entire Psalm out loud and talk to God about anything that may be coming between you in your relationship with Him.

**Day 5**—Recite Psalm 1 that you’ve committed to memory. Then read it aloud in other versions (biblegateway.com is a great resource). Continue on in the following Psalms as God builds in you delight for His Word!

## **Prayer Requests to talk with God about...**

**Hey... Don’t let the conversation stop here. Share what God’s teaching you in your Life Group or online via the links below!**

Twitter: @rlchurch

Facebook: facebook.com/reallifechurch

Blog: <http://seekreallife.wordpress.com>