

What is listening?

What to listen for: *James 1:21 - 25*

If it is a command, obey it!

If it is a promise, claim it!

If it is a warning, heed it!

If it is a sin, abandon it!

If it is a truth, believe it!

Active listening (meditation)

- Ask the Holy Spirit to reveal truth to you.
- Q: Tell me about you God
- Q: Tell me about Myself
- Q: Show me the blessing of obedience

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. **Proverbs 3:5 -6 (NIV)**

Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. **Proverbs 3:5 -6 (The Message Bible)**

Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today!

www.seekreallife.com/groups

My Connection

What is the best and worst environment for you when you need to focus?

What do you do when you feel distracted and want to focus?

Have you ever committed to memorizing Scripture? If so, how was the experience for you? (perhaps share it with the group...)

Do you have something you talk with God about regularly that isn't on this list?

Which topic do you have the hardest time talking with God about? Why?

When life seems crazy, distracting and busy, what do you do to simplify and slow it down? Can you?

Digging In

In Scripture, meditation is the exercise of emptying your mind of incorrect thinking and filling it with what is right and true according to what God reveals to us in His Word.

Read Philippians 4:6-9.

How do you experience God's peace in your life?

Why is it important to shift our thinking rather than "try not to think about it"?

Paul mentions peace three times in this reading. What is the relationship you see between worry and peace?

How could the spiritual tool of meditation help you experience peace?

The authors who wrote the Psalms valued mediation. The Hebrew word "selah" (sometimes translated "interlude") was used in some of these Psalms to instruct the reader to stop and reflect. Read each section of Psalm 46 about three times & respond through prayer.

Read Psalm 46:1-3.

Thank God for His presence and protection.

Read Psalm 46:4-7.

Thank God for His power to handle anything that comes our way.

Read Psalm 46:8-11.

Thank God for His goodness and justice throughout the earth.

Truth to Meditate On

Truth: Who God says I am

I am a child of God - John 1:12

I am a friend of Jesus - John 15:15

I will not be condemned by God - Romans 8:1-2

I have been accepted by Christ - Romans 15:7

I am joined to the Lord and am one spirit with him - 1 Cor. 6:17

I am a new creature in Christ - 2 Corinthians 5:17

I have been set free in Christ - Galatians 5:1

I have been blessed with every spiritual blessing - Ephesians 1:3

I am redeemed and forgiven by the grace of Christ - Ephesians 1:7

I am God's workmanship created to produce good works - Eph.2:10

The peace of God guards my heart and mind - Philippians 4:7

God supplies all my needs - Philippians 4:19

God loves me and has chosen me - 1 Thessalonians 1:4

Truth: To guide me

Needing courage - Psalm 138:3; Ephesians 6:10-13

Doubting my salvation - John 3:16; 1 John 5:11-13

Financial need - Psalm 34:10; Philippians 4:19

Needing forgiveness - Hebrews 4:15-16; 1 John 1:9

Seeking guidance. - Proverbs 3:5-6; James 1:5

Loneliness and depression - Psalm 23; Hebrews 13:5

Under stress - John 14:27; John 16:33; Philippians 4:6-7

Pride - 1 Corinthians 4:7; Philippians 2:3-8

Burdened with problems - Psalm 55:22; 1 Peter 5:7

In need of rest - Matthew 11:28-30; Galatians 6:9

Selfishness - Philippians 4:8; 1 John 2:15-17

In the face of sorrow - Romans 8:26-28; 2 Corinthians 1:3-5

Temptation - 1 Corinthians 10:13; James 1:2-4

When treated unfairly - 1 Peter 2:19-23; 1 Peter 4:12-15

Truth: To encourage me

I know I don't know all or even most of the answers but I know the One who is the Answer - John 14:6

I know that all He does is good and loving no matter what - Psalm 119:68

I know that He acts on behalf of those who wait on Him - Isaiah 64:4

I know that He longs to be gracious to me - Isaiah 30:18

I know that His grace is sufficient for me - 2 Corinthians 12:9

I know that His Word is a light for my path - Psalm 119:105

I know of His peace that surpasses all understanding - Phil. 4:7

I know that He is the Rock, the One who never changes, and that He is a sure foundation - Psalm 18:2; Malachi 3:6; Isaiah 28:16

I know that by giving my life away I find my life - Matthew 16:25

I know that He has given me everything I need to live this life of faith and godliness - 2 Peter 1:3

I know that only He can satisfy me - Psalm 145:6