

THE DISCIPLINE OF MEDITATION

Psalm 1

MAIN IDEAS FROM THIS WEEK

1. THE PROMISE OF MEDITATION
2. THE PRINCIPLE OF MEDITATION
3. THE PRACTICE OF MEDITATION
4. THE PUZZLE OF MEDITATION

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. This week we started a new series called "Equipped" where we will be looking at various spiritual disciplines. What do you think of when you hear the term "spiritual disciplines"? What has been your experience in putting spiritual disciplines into practice?
3. Meditation is not pure Bible study and it's not just prayer it's the bridge between the two. Were there any aspects of meditation that you didn't understand after this week's message? (**Note:** if there are any questions the group doesn't have the answer to, feel free to email the church leadership at equipped@severn.cc).
4. If you are like most people, you don't leave a lot of space in your life for meditating on God's word. What changes could you make to ensure you have time in your daily rhythm of life for meditating on God's word? Would you be willing to commit to making these changes this week and reporting back to the group how it went at our next meeting?
5. If we want God's word to change us, we have to submit to the authority of it. Thomas Jefferson famously cut out the parts of the Bible he didn't like. What aspects of God's word do you have trouble submitting to as authoritative? What problems can this cause when we treat the Bible this way?
6. Before you meet as a group, have each person in your group spend at least one morning or evening meditating on Psalm 1. Talk about it as a group. Talk about the good, the challenging, the confusing and the enlightening aspects of your time spent meditating on God's word. (**Note:** You could try the Adore, Admit, Aspire approach that Pastor Ryan shared).

A TRUTH TO TAKE WITH YOU: Spiritual disciplines are not about what you need to do in order to be saved. They are about what you need to do in order to continually grow as someone who has already been saved by grace through faith in Jesus.