

“The Joy of Biblical Meditation”

[Psalm 119:97, 148; Ephesians 6:12-13, 16-17](#)

Take-Home Truth: *Biblical meditation increases our affection for God*

Christ-Connection: *Everything we need is found in Jesus!*

Recap: *(Talk about last week)*

1. How did God challenge you this past week in sacrificial living? What opportunities did God give you to live sacrificially this past week?

Engage: *(Observe the passage and engage with the text)*

2. Read Ephesians 6:12-13, 16-17 and talk about how life is a spiritual war. In light of the above Scripture discuss God’s provision for Christians and our responsibility to use what He provides.

3. Read Psalm 119:97, 148 and discuss God’s expectations related to His children’s affections and devotion to meditation.

Reflect: *(Reflect upon the key take-aways from the sermon)*

4. Meditation is slowing down and pressing pause. Reading the Bible will increase information and meditating will increase our affection. Discuss what meditation is in light of the following analogies Richard shared:

- Standing by the fire
- Steeping the tea

5. Richard shared 5 practices of meditation; review these and share with the group how you meditate on the Bible:

- Mark up your Bible as you read.
- Ask questions as you read.

- Think about Bible stories and Bible statements differently.
- Make use of free Bible resources (<https://freedailybiblestudy.com/5-of-the-best-free-bible-study-tools/>)
- Understand the basic message of the Bible.

Respond: *(Apply the truths of God's Word to your heart, affections, and actions)*

6. What are the idols of your heart that are keeping you from meditating on God's Word to increase your affection for God?