Lesson 20
Wednesday
7/10/19

Listening to God: Meditation

1. What immediately comes to mind when you hear the word meditate?

- How do you define Biblical meditation? (Hint: Look up Hebrew words hagah and siyach/siach if you need help).

2. If we consider meditation as a way to listen to God as we would to a friend, what do we do with the things our friends tell us? Imagine your friend wrote you a letter detailing their past, telling you what they want in a friend, and recounting what they have done for you as a friend. If you value that relationship, what would you do with that letter?

3. Meditation on God's word can occur regardless of our knowledge and experience as Christians. What first step can we take to help us meditate on God's word (Psalm 119:9-16, 27; 1 Peter 2:2)?

4. Meditation is a lengthy process that involves effort on our part. When you spend time meditating (on anything), what effect does that have on your mind and heart (Phil. 4:4-8)?

5. When we meditate on God's word, what are the areas on which we should concentrate (Phil. 4:8; Ps. 119:27, 78, 99; 77:11-15; 4:4; Josh. 1:7-9; Romans 12:2)?