

Encountering God in the Bible Week 3: Insight

The Importance of Meditation

The Meaning of Meditation

Principles for Effective Meditation

1. Always have Something on the _____

2. _____ it across the _____ of your life

3. _____ on it

4) _____ Looking

Group Exercise

2 Timothy 2:1 You then, my son, be strong in the grace that is in Christ Jesus. 2 And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.

3 Endure hardship with us like a good soldier of Christ Jesus. 4 No one serving as a soldier gets involved in civilian affairs—he wants to please his commanding officer.

5 Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.

6 The hardworking farmer should be the first to receive a share of the crops.

7 Reflect on what I am saying, for the Lord will give you insight into all this.

Small Groups

Since we have started this class, what have been the biggest roadblocks to achieving what you had hoped to achieve in your personal time in Scripture? Ask for the group’s help on how to overcome that.

This week: put it into practice.

Passage to meditation on this week: Titus 2:2,6-10