



Meditation 101 | Ryan Wekenman | 10.17.21

Weekly Study

START

To get things started, go around the circle and answer the following questions:

What's your favorite Halloween candy or fall snack?

SHARE

Welcome back to Week Two of Starter Pack! It's time to get back to the basics and learn to study and meditate on Scripture, pray, fast, and invite.

These next few weeks are going to be pivotal for learning how to follow Jesus together. To do that, we are all going through the 35-Day Starter Pack Devo together. If you don't have your book yet, make sure you pick it up this Sunday. Before we dive in, take some time to check in with your Group by answering these questions.

How has Week Two, Meditating on Scripture been going for you so far?

In what way(s) has meditation on God's truth been helping you this week?

What was the most challenging part of your week?

What was the highlight of your week?

GROW

Read Psalm 1

What stands out to you about this passage?

What does the Psalmist mean in verse 2 by delighting in the law of the Lord?

How are we able to delight in the law of the Lord and the things of God? By meditating on Scripture daily. Fixating our minds to who God is and posturing our hearts to the eternal over the temporary. The Psalmist calls those who habitually practice meditating on God's word, blessed. When we meditate on God's truth and what He says about us, we can put on the full armor of God standing firm and producing fruit.

As we continue Week Two of the Starter Pack with daily practices of meditation, watch how your demeanor starts to change towards your current circumstance, wherever you find yourself. Watch the heaviness and burdens release from you as you stand firm on what God says about you compared to the heavy words of this world.

David, who wrote most of the Psalms, was able to find joy in the midst of trials because he made meditation a daily practice. Though his circumstances rarely changed, he was able to dance during suffering and persecution because he fixated his eyes on God.

What is one way God's word spoke to you this week during your meditations?

What is your goal by the end of Week Two of the starter pack?

MOVE

Read Philippians 4:8-9

What does Paul instruct us to do in this passage to renew our minds in Christ?

What is the outcome we experience when we meditate on scripture?

The hustle of life has us swinging from one meeting to the other, one class to the next, or one school pick up to a late-night soccer game, worrying that we may not be enough to keep up. This is not including the commercials or news article we are bombarded with by the minute every time we pick up our smart phones telling us ways we can improve. Can we get honest for a moment? This never-ending game of tug of war is hard enough to balance without Paul telling us to now have something to add to our thoughts. Can we ever feel like we are standing on solid ground without feeling thrown in every direction?

The thought of meditation can bring uneasiness to many people because we forget how to slow down and allow God to speak truth into our lives. When we first read this verse, this list of concepts to meditate on can seem like just another set of bullet points to fit onto our overflowing list of worries and negative thoughts we experience on a daily basis. We look at this mixed list of negative and positive thoughts, and we tend to just hope somehow the positive will outweigh the negative.

Paul tells us to replace our worry with “whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable” (Philippians 4:8). The human mind cannot effectively focus on more than one thought at a time whole heartedly without causing anxiety. Just as Ryan illustrated on Sunday, if we are dwelling on the truth God says about us, the negative thoughts will simply not stick to our hearts. This is how we renew our mind in Christ and is when we will experience the fullness of God.

In this passage, there are many aspects of God's character that Paul urges us to not only to learn but to exercise. Especially with how short our attention spans have become, we must remember to not only read scripture the first time, but we need to dig deeper in order to let it penetrate the darkest parts of our hearts. The more we meditate on scripture this week as we continue our starter packs, the less we will feel intimidated by our schedules and the less we will allow critique and criticism to have control over us. The mind shift we will experience is worth the thirty minutes of silence we often find ourselves dreading. Once it becomes a habit, it will become a necessary and life-giving part of our relationship with God.

What are some practical ways you can eliminate distraction while meditating on scripture?

What areas of your life do you hope to grow as a result of taking scripture to a deeper level?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

- *"Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers." Psalm 1:1-3*