

How We Grow: Practicing the Spiritual Disciplines  
Small Group Discussion Questions  
Week Four - Meditation

Discussion Questions:

1. When you hear the word "meditation," what comes to mind? For many in our culture, the word "meditation" brings up images of Zen Buddhism and sitting cross-legged on the floor. Is that what comes to mind for you when you hear this term?
2. In his message, Jason examined several passages to show that biblical meditation has a long and rich history. Was this a surprise to you? Have you ever heard of such a thing as "Christian meditation?"
3. Jason defined meditation as reflecting on God's work and God's Word. Does one of those come more naturally to you? Do you find it easier to reflect on what God has said in the Scriptures or on what God has done in your life? How important is it to hold these two in balance?
4. How is meditating on God's Word different than Bible study? In what ways are they similar?
5. In Psalm 19:1, David says, "The heavens declare the glory of God, and the sky above proclaims his handiwork." Can you think back to a time when you were in awe of God's glory as revealed in creation (a sunrise or sunset; seeing the Grand Canyon, etc.)? Take some time to share these experiences with each other.
6. David goes on to say in Psalm 19:14, "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer." What steps can we take to ensure that the words of our mouths and the meditations of our hearts are acceptable to God? What is the connection between the interior meditation of the heart and the exterior words we speak?
7. Read Joshua 1:8. The Hebrew word for "meditate" is used to describe the growl of an animal. Eugene Peterson invites us to think of the sound a dog makes when it has a bone. He growls as he savors the bone, worrying at it, gnawing at it. Peterson says this is how we should meditate on God's Word. What do you think of this image? Is this helpful? How can we apply this to our lives?
8. Read Psalm 1:1-6. The Psalmist says the one who delights in the law of the Lord is blessed. This delight in God's Word culminates in the act of meditating on the Word day and night (v2). In your opinion, how does meditation and reflection on God's Word transform our desires?
9. Can you think of a practical way you would be willing to commit to meditation this week? It could be by focusing on God's work in creation; or it might mean reflecting on His promises in the Word. Share your commitment with one another.

