

## **Rooted Week 5 - Meditation**

Since we have begun this series, what are some steps you were able to take in applying what we have learned from the spiritual disciplines? If you haven't, what do you feel stops you?

### **Read Deuteronomy 6:4-9**

What do these verses teach us about meditation?

How does meditating on God's Word change the way we view ourselves? (Use Scripture to support your answer)

How does meditating on God's Word change the way we view others? (Use Scripture to support your answer)

### **Read Philippians 4:8**

What is Paul teaching here? How does what we take in effect us?

In what ways does meditation differ from Bible Study?

Describe a time in your life where a biblical truth really clicked for the first time.

Although we can meditate anywhere, how does posture and place affect our ability to meditate on God's Word? What steps can you take to carve out extended times of meditation?

### **Read Joshua 1:8 and Romans 12:1-2**

What is the end result of meditation?

Pick one or two verses that you have studied recently and commit to meditating on them this week. Memorize them or write them on a notecard. Find a way to think on them as often as you can. Partner up with a friend who can encourage you throughout the week.

**Psalm 19:14 Let the words of my mouth and the meditation of my heart Be acceptable in Thy sight, O LORD, my rock and my Redeemer.**