

Life Group Session 1 Discussion 2
Spiritual Habits: Meditation
Cross Culture Church

Goal: The goal of the discussion is to encourage your group to engage in habits that although they may not be experts in will grow closer in Jesus by simply training in and practice them. Remember the goal is to train and not try harder.

Connect (30 Minutes):

1. Introduce yourself and set the following expectations for the group one more time.
 - a. Tell them how spiritual habits have impacted you so far.
 - b. Expectations
 - Show up, if you can't make it let us know.
 - Have fun.
 - What's shared here stays here.
 - Be willing to be vulnerable. Growth happens with honesty.
 - Share but leave room for others to talk.
 - c. Different than before.
 - What might be different about this LG session is that yes we want to connect at Life Group and beyond, but our primary goal is to experience growth and freedom in Jesus together.
2. Find out more about the group.
 - a. A **quick** snapshot of the week. Ask them a leaf(something funny that happened), a thorn(something not so fun), and a rose(Something you loved) for the week.

Discussion Time:

Start today's discussion on how the previous few weeks of meditation were.

Between sessions, we may practice spiritual habits that we aren't entirely knowledgeable of, but the goal is to practice it and experience it. This past week we looked at meditation.

How many times were you able to meditate on God's word or His presence? Did it change your perspective at all? If so how?

Let's talk more about meditation. Christian Meditation is defined in different ways. "Listening to God's word, reflecting on God's works, rehearsing God's deed, ruminating on God's law, and more." Foster

Change is a huge effect that meditation has on us. It leads us to repentance and obedience. We are not talking about eastern mediation where they have you empty yourself and focus on yourself. Christian meditation is an emptying of oneself, but a filling of God's truth and will. The different types of meditation that focus on centering solely on yourself are not from God. The focus needs to be on allowing Jesus through the word and listening to show you His will and mind. His word promises us peace.

The key then is to empty yourself, disengage from worry, and remove distractions from God's truth and voice. Listen to how important the Father's voice and will is to Jesus when He was on earth in John 5:19-30.

Take a minute and read John 5:19-30, NIV as a group.

19 Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. 20 For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed. 21 For just as the Father raises the dead and gives them life, even so the Son gives life to whom he is pleased to give it. 22 Moreover, the Father judges no one, but has entrusted all judgment to the Son, 23 that all may honor the Son just as they honor the Father. Whoever does not honor the Son does not honor the Father, who sent him.

24 "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life. 25 Very truly I tell you, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live. 26 For as the Father has life in himself, so he has granted the Son also to have life in himself. 27 And he has given him authority to judge because he is the Son of Man.

28 "Do not be amazed at this, for a time is coming when all who are in their graves will hear his voice 29 and come out—those who have done what is good will rise to live, and those who have done what is evil will rise to be condemned. 30 By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.

What stands out to you from this passage when it comes to why meditation would be important? How would your life be different if you made decisions solely based on what you heard from God's word and still small voice?

What happens when you make decisions out of worry, fear, being overwhelmed, or distracted?

Many of us say that we know God's word. But does it live in our minds and hearts?

It's time to be intentional about scheduling time and consistently thinking on and meditating on God's word and listening for His voice.

When do we meditate? Jesus would often take time in the morning before everyone got up. For you need to choose a place and time that allows you to engage God's word and voice without distraction. Some people like the park, Starbucks, or even have a prayer closet. Either way, pick a special time and place for you and the Spirit.

Action Items:

***Stay consistent with meditating with God's word.**

***Tell your life group host how when you are going to meditate on your schedule.**

***Buy a journal and begin journaling what you think God's will for a circumstance is versus your will. USE YOUR BIBLE TO HELP. Write out the assumed results of both.**

Prayer

***Life Group Host pray that God will help your group remove the things they normally dwell on or distractions they engage in and be filled with God's presence and truth.**