**“The Practice of Meditation”**

Going deeper in Psalm 63:6, Luke 6:12-13 & Matthew 14:22-23, &

Philippians 4:8

**INTRODUCTION** -The following passages each tell you something about meditation and prayer.

**READ** – *Read (passage) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.*

Psalm 63:6 6 On my bed I remember you; I meditate on you in the night watches.

Luke 6:12-13 12 On one of those days Jesus went out to mountainside to pray and he was there all night in prayer before God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles:

Matthew 14:22-23 22Immediately Jesus made his disciples get into the boat and go before him to the other side, while he dismissed the people. 23 After he had sent the crowd away, he went up on the mountainside by himself to pray. Now when evening came, he was there alone.

Philippians 4:8 8Finally, brethren whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, if there is any virtue and if there is anything praiseworthy – mediate on these things.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. What do you think it means to meditate on God? What have you heard and been taught?

2. According to Psalm 63:6 what is the focus on our meditation or contemplation? How might this differ from other forms of meditation?

3. Read Luke 6:12-13. What do you think was involved in Jesus’ all-night prayer and meditation? Have you ever spent a night in prayer?

4. What followed that night? What does that suggest about how Jesus made important decisions? How should that inform your decision-making?

5. Read Matthew 14:22-23. Jesus has just finished the miracle of feeding the 5000 and he heads off by himself to spend time in prayer and meditation. What does that suggest about our practice following events in our lives?

6. Read Philippians 4:8. According to this verse what should be the focus on our meditation?

**PRAY** – *God has spoken. So, reply.*

\*Spend some time in silence just being with the Lord.

\*Turn over to him the things that are on your heart. Trust him with those things.

\*Open your hands to receive from the Lord what he wants to give you for your day ahead.

**LIVE** – *This is where the rubber hits the road.*

Jesus made it a regular practice to withdraw in prayer and meditation. What is one way you can make prayer and meditation a regular part of your day to day life with Jesus?