



A Journey in Prayer - Study Guide for the Teaching Series

Week 11 – Sunday 27th June 2020: Meditation

“As the NT makes abundantly clear, a disciple is a learner, a student, an apprentice—a practitioner, even if only a beginner. When Jesus walked among humankind there was a certain simplicity to being his disciple. Primarily it meant to go with him, in an attitude of observation, study, obedience, and imitation. One knew what to do and what it would cost. Simon Peter exclaimed, “Look, we have left everything and followed you” (Mark 10:28). Though costly, discipleship once had a very clear, straightforward meaning.

The mechanics are not the same today. We cannot literally be with him in the same way as his first disciples could. But the priorities and intentions of disciples are forever the same. The disciple is one who, by their decisions and actions, even today, enrolls in Christ's training, becomes his pupil or disciple. There is no other way to be a disciple of Jesus.”

Dallas Willard, *The Great Omission*

1. What do you think, and how do you respond to this?
2. Why do you think the spiritual discipline of Meditation, would help us to gain traction in our growth as disciples of Jesus?

Please read Psalm 1.1-3 ('meditation' here means to recite scripture aloud having learned it by heart)

3. What is your experience of the value of scripture memorization? How do you go about it?
4. Are you planted by streams of living water? What does this look like for you daily/ weekly?

Please read Psalm 77.2-3;5-14 (here 'meditation' means careful consideration and examination)

5. What benefits are there in meditating on our life circumstances at the same time as we meditate on the character and works of God in our lives and in history? How is this fundamentally different to non-Christian 'meditation'?

Please read Psalm 119.15-16;18; 26-27; 33-37 (here 'meditation' involves reflecting on the Word of God by taking time to seek the Counsel of the Spirit)

6. How might this form of meditation help you grow as a disciple of Jesus?
7. Read Psalm 119.30-32. Discipleship is about knowing and obeying God's leading. How do you personally relate to the Psalmist's statements here?