

LIFEGROUP DISCUSSION NOTES

When you hear the word “meditation” what comes to mind?

Philippians 4:8

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

2 Corinthians 4:18

So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

Colossians 3:1-2

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. 2 Think about the things of heaven, not the things of earth.

Hebrews 3:1

And so, dear brothers and sisters who belong to God and are partners with those called to heaven, think carefully about this Jesus whom we declare to be God's messenger and High Priest.

Psalms 143:5

I remember the days of old. I ponder all your great works and think about what you have done.

Psalms 145:5

I will meditate on your majestic, glorious splendor and your wonderful miracles.

1. Look up each of these (above) verses. After reading each, talk about what we are to think about or meditate upon.

2. After discussing all the verses, come up with a definition of Christian meditation. How does this definition of meditation differ from what you may have experienced elsewhere?

Finish the video, then answer these questions:

3. Does anyone in your group have any verses memorized? Share a verse you have memorized with the group and discuss how having this verse memorized has impacted you.

Consider challenging each member of your group to choose one of the above verses and memorize it this week. If you do this, bring notecards and pens so each person can write down the verse they will be memorizing.

4. How did you feel about the meditation exercise? Was it uncomfortable, if so, why? What did you glean from taking a few moments to deeply ponder this verse?

5. As a group, take some time to continue to pick apart this verse. Look deeply at each word. What does it mean? How does it apply to our thought life?

6. Is your mind fixed on things that this verse talks about or do you spend time thinking about things that aren't true, right, honorable, pure, etc.?

7. How can you encourage each other this week to fix your minds on the truth? Be creative!

If you would like to use the “Let's Talk About It” videos in your devotions, go to: www.youtube.com/NewLifeGillette