

SMALL GROUP QUESTIONS

Transformational Prayer | Psalm 19:14

Breathe in God's Word

To meditate on God's word is to put on the mind of God.

1. Do you believe that in our branch of the Christian family tree we have lost the discipline of meditation on God's word as a widespread practice? If "yes," what does this mean? If "no," go to question two.
2. How do you feel when you hear the word 'meditation'? What have been your primary sources of influence in your understanding of meditation?
3. It is likely that you know (or have known) a believer who speaks Scripture naturally in the course of everyday language. Consider – What habits formed their speech? What do you think the effect of those habits have been on their relationship with God and others?
4. An old Christian way of speaking of meditating on Scripture is "ruminating" (as a cow with its cud).
 - a. What experience do you have with memorizing and ruminating on Scripture?
 - b. What has been the effect? (If you've never tried it, what do you believe the effect would be?)
5. Name one passage of Scripture you can memorize. Plan to write it down (don't type it), speak it, and internalize it.

- a. Suggestions: Joshua 1:8, Psalm 19:14, and Psalm 1:1-3, Proverbs 1 (any section or all of it 😊).

Pray

Take a few moments of silence to call upon the Lord. Then present yourselves to God as a people ready to receive more of the mind of God.

Week 1	February 4
Week 2	February 11
Week 3	February 18
Week 4	February 25
Week 5	March 4
Week 6	March 11
Week 7	March 18