

SECTION 1: *What is the pattern of this world?*

Our minds are _____ on unhelpful things.

SECTION 2: *How does Jesus invite us to be transformed?*

We can participate in our transformation by:

1. Recognizing what we tend to _____ on.
2. Choosing _____ instead.
3. Being intentional with _____.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

“But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”
– Matthew 4:4

Reading the Bible without meditating on it is like swallowing food without _____.

PREPARE: Calm your heart and mind. Center yourself in God’s presence with you and in you, right this moment. Invite the Holy Spirit to do something.

LECTIO (READ): *What does the text say?* Our first reading is an opportunity to get to know the Scripture passage. We listen carefully for any words or phrases that seem to jump out.

MEDITATIO (REFLECT): *What does the text say to you?* Now it’s time to reflect on what we believe God is saying. Try not to analyze the passage. Instead, pay attention to the word or phrase that strikes you. How is God speaking to you in this word or phrase?

ORATIO (RESPOND): *How do you respond to the text?* After a third reading, respond by letting the words be your prayer. This can be done in silent prayer or journaling.

CONTEMPLATIO (REST): *What can God teach you in silence?* Sit quietly and allow God to work.

PRACTICING MEDITATION

Begin the day with the Daily Meditation and choose one of the additional practices for the week.

- Joshua 1:7-9 *MEDITATE ON THIS*
- Psalm 23 *THE PROVISION OF GOD*
- John 1:1-5 *THE WORD BECAME FLESH*
- Matthew 14:13-21 *LOAVES AND FISHES*
- Ephesians 1:15-23 *TO KNOW HIM MORE*

EXTRA CREDIT THIS WEEK: Memorize Romans 12:2
ADDITIONAL RESOURCE: <https://www.everypsalm.com/>

TALK IT OVER

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

If you were to identify what “cud you’re chewing on” (what you most commonly ruminate on), what would it be?

Do you have passages of Scripture that you like to meditate on? If so, which ones and why?

Listen to Psalm 1 from everypsalm.com. Have you ever experienced the joy of the Lord toward his word the way Psalm 1/this song describes?

What thought from the message was most helpful to you?

What thought from the message was most challenging to you?

SECTION 1: *What is the pattern of this world?*

Our minds are PRONE TO RUMINATE on unhelpful things.

SECTION 2: *How does Jesus invite us to be transformed?*

We can participate in our transformation by:

1. Recognizing what we tend to CHEW on.
2. Choosing SCRIPTURE instead.
3. Being intentional with HOW WE CONSUME.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

“But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”
– Matthew 4:4

Reading the Bible without meditating on it is like swallowing food without CHEWING IT FIRST.

PREPARE: Calm your heart and mind. Center yourself in God’s presence with you and in you, right this moment. Invite the Holy Spirit to do something.

LECTIO (READ): *What does the text say?* Our first reading is an opportunity to get to know the Scripture passage. We listen carefully for any words or phrases that seem to jump out.

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