

## Welcome!

Please check your children  
In before getting dinner.



## Week 3

Meditate, Medicate, Memorize



## Week 3 | Meditation, Medication, and Memorization

- Reminder of last week
- We talked about Bible reading and Bible study
- We read for breadth and study for depth
- Reading and studying are two disciplines we participate in in order to hold fast to the word of life.



## Week 3 | Meditation, Medication, and Memorization

- Tonight we will talk about other ways to “get into the word until the word gets into you” (Gallaty)
- What is meditation?
- Why should we practice meditation?
- How can we practice meditation?



## Week 3 | Meditation, Medication, and Memorization

- What is the Meditation?
- Meditation is like kneading bread
- Meditation is the way to get “the word of Christ to dwell in us richly”
- Meditation is the most important, yet most neglected discipline when it comes to Bible intake.



## Week 3 | Meditation, Medication, and Memorization

Psalm 29:5-8

The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon. He makes Lebanon to skip like a calf, and Sirion like a young wild ox. The voice of the Lord flashes forth flames of fire. The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh



## Week 3 | Meditation, Medication, and Memorization

- Why should we practice meditation?
- We're commanded to meditate (Joshua 1:8; Philippians 4:8)
- We're created to meditate
- We're blessed through meditation (Psalm 1:1-3; James 1:25)



## Week 3 | Meditation, Medication, and Memorization

- How can we practice meditation?
- #1 from the handout - Emphasize different words in the text
- #3 from the handout - Formulate a principle from the text—what does the text teach?
- #12 from the handout - Ask the Phil 4:8 questions of the text.

