



Week: 3 – Meditation

Date: Mar. 14, 2021

Scripture: Psalm 77

Big Idea: Meditation is a foreign concept to many, but it is not unfamiliar to Scripture. Meditation means slowing down and focusing our attention on God and what God has and is doing in our world. Through meditation, we find peace, comfort, strength, and direction.

Video: <https://youtu.be/Q0m5Sw4rNgg>

Preparation: Mom and/or dad, take time to prepare well for this spiritual experience with your son or daughter and perhaps their friends. Proper preparation includes reading through this guide, setting up a comfortable environment, preparing the videos, materials (*everyone will need a Bible, pen and notebook/journal*) and snacks, and prayer. It also includes giving your participants time to prepare as well. Let them know in advance what you want to do and then remind them a few minutes before your start time so that they are ready too.

Interactive game / activity

- In-Person, Online & @Home: Tongue Twisters: Who can say these tongue twisters 3 times fast.
 - She sells seashells by the seashore
 - How can a clam cram in a clean cream can?
 - I scream, you scream, we all scream for ice cream
 - I saw Susie sitting in a shoeshine shop
 - Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't fuzzy, was he?
 - Can you can a can as a canner can can a can?
 - I have got a date at a quarter to eight; I'll see you at the gate, so don't be late
 - You know New York, you need New York, you know you need unique New York
 - I saw a kitten eating chicken in the kitchen
 - If a dog chews shoes, whose shoes does he choose?
 - I thought I thought of thinking of thanking you
 - I wish to wash my Irish wristwatch
 - Near an ear, a nearer ear, a nearly eerie ear
 - Willie's really weary
 - Tom threw Tim three thumbtacks

Activity Debrief: (This would be a good time to pass out snacks)

Sometimes the more we say something (a word or phrase) the less we grasp it. Other times, the more we repeat a phrase, the more we grasp it. What do you think is the difference? What makes repetition work and what makes it not work?

Video Teaching: Habitudes – [Rest and Meditation](#)

Set-up: (Say to the group)

Today we're in week 3 of our Habitudes series. Week 1 we discussed fasting and prayer. Last week we discussed reflection and confession. This week we turn our attention to meditation. Before we watch the teaching video, can someone give me a good definition or summary of what meditation means?

Play the video [HERE](#).



Ice Breakers:

- What's the WORST song to ever get stuck in your head? (keep it clean 😊)
- How is getting a rotten song stuck in your head like meditation? How is it different?

Discussion Starters:

- When or where have you seen meditation in the past? (Think movies and shows too!) Was it a good or not-so-good experience? In general, would you say that before tonight you had a positive or negative view of meditation? Why?
- What did you think about the practice of "Lectio Divina" that we learned about in today's video?

Scripture: Read Psalm 119:97-104 as a group and consider the questions below.

Psalm 119 is the longest chapter in the Bible (176 verses!) and focuses mostly on the revelation of God, in particular, his revelation through his Word. Verses 97-104 focus on the benefits of meditating on God's Word.

⁹⁷ Oh, how I love your law! I meditate on it all day long.

⁹⁸ Your commands are always with me and make me wiser than my enemies.

⁹⁹ I have more insight than all my teachers, for I meditate on your statutes.

¹⁰⁰ I have more understanding than the elders, for I obey your precepts.

¹⁰¹ I have kept my feet from every evil path so that I might obey your word.

¹⁰² I have not departed from your laws, for you yourself have taught me.

¹⁰³ How sweet are your words to my taste, sweeter than honey to my mouth!

¹⁰⁴ I gain understanding from your precepts; therefore I hate every wrong path.

Digging Deeper:

- What does the Psalmist meditate on in Psa 119? (Law, commands, statutes, precepts, words) Why do you think it is important to meditate on truths from Scripture rather than just general thoughts about God?
- What does the psalmist identify as the benefits to meditating on God's Law, commands, precepts, and such? (wisdom, insight, understanding, holiness, obedience.)
- What do you think the Psalmist means that God's words are "sweet... to my taste?" (These are not just beneficial, but they are also enjoyable and desirable.)

Application:

- What's going on in your life right now that a little meditation on God's word and the wisdom, insight, and understanding that follows would help?
- When in your day could you add a little bit of meditation? It doesn't have to be long, just intentional. What do you do in quiet each day that you could add meditation to? (think routines)
- How can the group pray for you this week as you make meditation part of your spiritual routine?



Closing activity & prayer: choose 1 of the following options to close your time together.

- SINGING: Sing “[Be Still](https://youtu.be/4zcHHp0GTuc)” by Hillsong Worship (<https://youtu.be/4zcHHp0GTuc>)
- SCRIPTURE: Reread today’s passage, Psalm 119:97-104, and choose a section to meditate on or reflect on using Lectio Divina.

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- JOURNALING: Jot down what God revealed to you as you practiced Lectio Divina today.
 - Lectio: **read** and ask, “What does the text say?”
 - Meditatio: **reflect** on a section and ask, “What is God saying to me through the text?”
 - Oratio: **pray** and ask, “What do I need to say to God in response to this text?”
 - Contemplatio: **Contemplate**, “What do I need to say to myself in response to this text?”
- PRAYING: Close your group time in prayer for one another. Share prayer requests and assign partners to pray for one another throughout the week.