



### **Soul Care - Meditation**

A lot of people have tried really hard to grow and become better people. Most of us that have been there got discouraged and felt defeated. If we want to experience more of God's peace, joy, and love we don't need to try harder, we need to train.

**Scripture:** John 15:5-8, Galatians 5:19-25

### **Meditation Guide**

*Preparation:*

- Time: Set aside a dedicated time. If this is new for you, start with just 10 minutes, a few times a week.
- Place: Choose somewhere free from distractions. Turn off/remove all technology. Embrace moments of stillness and quiet.
- Posture: Seek stillness. Choose a posture that allows you to be comfortable but also to focus your attention.
- Scripture: Choose a small section of scripture - a verse, parable or small passage. (Suggestions: John 14:27, Psalm 1:1-3, Philippians 4:4, Philippians 4:6-7, John 15:5)

*Meditate:*

- Read and re-read your selected scripture. You may even memorize it. Allow the words to sink into your heart. Pour over each word and take in its significance.
- Ruminant: Use your imagination to connect with the emotional and spiritual aspects of what you're reading.
- Rest: Ask God to speak to you through these verses. Be quiet and allow for space for God to speak.
- Reflect on your experience and how God might be calling you to change as a result of your time with him.

### **Discussion Questions**

1. Is there an aspect of your spiritual life that you would really like to see grow? What is it and why is it important to you? (Ex: I would like to have more peace and worry less, I would like to be able to exercise more self-control, I wish I had more joy.)
2. What is your experience, if any, with practicing spiritual disciplines? Have you ever been discouraged when trying implement them? Have you ever found them to be a real benefit in your life? What were some of the problems that you encountered or struggles that move had?

3. Read John 15:5-8. What stands out to you in these verses? Describe, in your own words, the kind of relationship Jesus wants with his disciples. Unpack the metaphor of the vine and branches. What are the implications? What should it look like for Jesus' disciples to abide/live/remain in him?
4. What kind of fruit should be the result of those who live in Christ? (Keep reading in John 15 for a few more verses) Read Galatians 5:19-23. Compare the kind of life that is described for those who live according to sinful desires and those who live according to the Spirit. Are there specific characteristics in verses 22 and 23 that you would really like to experience in a greater way in your life?
5. Review the sermon notes from Sunday, as well as your recollection of the message. As a group talk about what the goal and process of meditation is all about and how to practice it.

### **Moving Forward**

Spend some time making personal goals around when and how you will begin to practice meditation. Be specific and plan to share your experience with the group next week. Encourage each other by sharing ways that you can overcome discouragement or practical struggles in pursuing spending this time with God.