

Practice the Presence.

9/13/20

MEDITATION

| | | | |
|----------------|--------------|--------------|-----------|
| Matthew 13:1-3 | Mark 3:7 | Mark 10:32 | John 7:10 |
| Matthew 14:13 | Mark 3:13 | Mark 14:26 | |
| Matthew 14:23 | Mark 4:1 | Luke 5:15-16 | |
| Matthew 15:29 | Mark 6:31-32 | Luke 6:12-13 | |
| Mark 1:35 | Mark 6:46 | Luke 11:1 | |
| Mark 1:45 | Mark 9:2 | Luke 22:39 | |

Give it a try for yourself...

#1 – Pray

Father, may Your Word be my soul guide.
may Your Spirit be my teacher.
May Your glory & my transformation
be dual purpose.

#2 – Give part of your day.

Block out a 20-30 minute window each day.

#3 – Find a place...

Free from distractions... turn your phone off.

#4 – Read a Bible passage.

- If you can't think of a passage to read, perhaps try John 10:1-10 or Psalm 1.
- Read it three times (yes, 3 times!) Then just sit with it...

“Accept the word of Scripture and ponder it in your heart, as Mary did. That is all. That is meditation.” – Bonhoeffer.

When your mind wanders...
Read it again & just sit with it.

What do you find yourself thinking about?

What jumps out at you from the passage as you read it again?

What might God be trying to share with you?

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Do you want to live the greatest life you could possibly live?

#1 – We all have a choice to make. (COMMIT)

What we are FILLED WITH is what POURS OUT of us.
What POURS OUT of us is what OTHERS RECEIVE from us.

The needed change within us...

The path of “Disciplined Grace”

MEDITATION

Focusing your mind on _____

Why?

#1 –

#2 – The “great” people of the Bible...

How?

#1 –

#2 –

#3 –

#4 –

This is a beginning of how we get ourselves to a place & perspective where God does the needed work.