



FOUNDATIONS: LOVE GOD *WORK IT OUT*

LESSON 4: IS IT WEIRD TO MEDITATE?

QUESTIONS

If you are working out these questions on your own, consider writing down or journaling your thoughts and answers to these questions. If you are working out these questions in a group, share specific and real examples of your experiences.

1. What does your current practice and rhythm of reading the Bible look like? Are you content with these current rhythms? If not, how would you like to see them change/improve?
2. What is your experience, or even your reaction, to the idea of meditation?
3. What are creative ways that you have connected with Jesus? How did these change the way you recognize him in your life?
4. How do you see experiential reading of Scripture and the practice of meditation positively impacting your life?

NEXT STEPS

Check out the other Foundations Course videos!

Individuals: Find a passage in the Bible (preferably one from Matthew, Mark, Luke, or John) and listen to it. Don't read it yourself, but have it read to you, out loud (the Bible App has this feature—see the Resources section for this lesson). As you listen, picture yourself in the story. Which character do you most resonate with, and why? What does the Holy Spirit reveal about you as you listen?

Groups (2+): Find a passage in the Bible (preferably one from Matthew, Mark, Luke, or John) and have a member of the group read it aloud, slowly. (Consider reading it twice.) As you listen, picture yourself in the story. Which character do you most resonate with, and why? As you listen, what does the Holy Spirit reveal about Jesus in this passage?