

# Thrive!

**Week Five:**  
Meditation

## **Daily Scripture Reading**

### **Sunday:**

The glory of meditation / Exodus 24:15-18

### **Monday:**

The friendship of meditation / Exodus 33:11

### **Tuesday:**

The terror of meditation / Exodus 20:18-19

### **Wednesday:**

The object of meditation / Psalm 1:1-3

### **Thursday:**

The comfort of meditation / 1 Kings 19:9-18

### **Friday:**

The insights of meditation / Acts 10:9-20

### **Saturday:**

The ecstasy of meditation / 2 Corinthians 12:1-4

# Supplemental Questions

1. Over the last few weeks, what are some steps you have been able to take in applying the spiritual disciplines.
2. What are some of your first reactions to the idea of meditation? Do you have any experience in this area?
3. Do you feel comfortable and confident to meditate? Do you ever feel that meditation is too difficult, complicated or weird? Why?
4. In the midst of a very busy ministry Jesus made it a habit to withdraw many times to be alone (see Matt. 4: 1-11; 14:23; Mark 1:35; 6:31; Luke 6:12, etc.). Share with the group what you think Jesus did during those important times.
5. From your experience, what is the purpose for meditating on God's Word? How do you think obedience is related to this topic? Please read what Jesus said in John 5:19 and 30.
6. What is the basic difference between Eastern mediation and Christian mediation?
7. What are some things in your life that make it hard for you to listen? Talk about the concepts of listening, observing and feeling from God's perspective.
8. Consider these words of Fredrick W. Faber.

***Only to sit and think of God,  
Oh what a joy it is!  
To think the thought, to breathe the Name  
Earth has no higher bliss***

9. Sit quietly for 10 minutes