

BIBLICAL MEDITATION: A PATHWAY TO JOY

Psalms 1:1-4

MEDITATING ON GOD'S WORD

What is Biblical meditation?

- First, it is not daydreaming, not mystical religious experience.
- Instead, it is spending quiet time thinking, pondering, dwelling on God's Word, into our minds and pleading that it will sink down to our hearts.
- When we meditate on the Word of God, who God is, what He has done and who we are in Him, then we are a JoyFULL people.
- Biblical Meditation is the middle ground between studying and praying. It's the bridge between the two.

"The reason that we come away so cold from reading the Word is, because we do not warm ourselves at the fire of meditation."

- Thomas Watson

Psalms 1:1-4 // Psalms 19:14 // Psalms 104:34

THINK OUT YOUR THEOLOGY

How do we meditate on God's Word? How does this practically look?

- Ask yourself questions about the verse you're reading...
 - What does this teach me about God and His character?
 - About human nature, character, and behavior?
 - About Christ and salvation?
 - About the church, or life in the people of God?
- Memorize scripture

"We should never be content with a study of God's Word that allows us to develop a big theological brain, but still have a diseased heart."

- Paul Tripp

Philippians 4.4-8

WORK IN YOUR THEOLOGY / PRAY UP YOUR THEOLOGY

After we think out our theology, we get our heart engaged.

Then we turn your theology into prayer.

"Meditation is like a wine press.

By reading and research and study we gather the grapes; but it is by meditation we press out the juices of those grapes and obtain the wine."

- Charles Spurgeon

Psalms 119:9-16 // Psalms 19:7-8

NOTES:

This Week's Scripture to Memorize:

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Will You Pray With Us?

Follow along with our daily prayer requests by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **2 Year Bible Reading Plan**.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the green **Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our teammates in a **Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets at the end of service, give online at lifemissionchurch.com/blog/give or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at katie@lifemission.tv

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at casey@lifemission.tv.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

CONTACT US:

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Twitter: @YourLifeMission
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

COMMUNITY GROUP HOMEWORK

Before you begin, have people in your group share this week's **memory verse** with each other.

Read **Psalm 1:1-4**. What was notable, interesting or encouraging to you from the verses or from the sermon on Sunday? _____

Do you feel like your life is too busy or too fast? Are you spending time in true, biblical meditation as outlined in the sermon? If not, what aspects of meditation do you need to change or improve? Are you "meditating" on the wrong things? _____

According to **Psalm 1:3**, what is the outcome of meditating on the things of the God? _____

Some of the things we can meditate on are:

- The Person of God (**Ps 16:8, Ps 104:34**)
- God's Word (**Ps 119:15-16, Ps 1:13, Ps 119:48, Ps 119:99**)
- The Works of God (**Ps 77:12, Ps 111:2, Ps 143:5, Ps 145:5**)
- God's Creation (**Ps 8:19, Ps 104:134, Matthew 6:26-30**)

Choose one or two areas of meditation that you'd like to focus on and read the corresponding verses. Share some of the verses that encouraged you or challenged you that you can reflect and meditate on during the week.

Read **Psalm 1:2** again. **Psalm 119:11, Psalm 119:55, Psalm 119:27, Psalm 119:97-98 | Psalm 48:9-10, Psalm 63:56, Joshua 1:8, Psalm 119:15-16, Psalm 16:8**. What are the results of Biblical Meditation? _____

How can meditating on God, His word, His works, and His creation, help promote joy and awe in your life? _____

End group by praying together that you can be obedient in this area of your walk with God.



LIFE MISSION
C H U R C H

Pastor Jobey McGinty
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**Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.**



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Psalms 1:1-4 // April 17, 2016

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

