

~Space for Notes~



## DWELL IN GOD'S PRESENCE THROUGH MEDITATION

Jan. 20/21, 2024

### WHAT IS SECULAR MEDITATION?

1. Secular meditation focuses on \_\_\_\_\_ the mind of the clutter of life.
2. Secular meditation starts with \_\_\_\_\_ and how I can escape the chaos of life.
3. Secular meditation seeks to find power from \_\_\_\_\_ to heal, restore, and make new. This leads to me being my own Savior.

### WHAT IS BIBLICAL MEDITATION?

1. Biblical meditation focuses on \_\_\_\_\_ the mind with God's Word.
2. Biblical meditation starts with \_\_\_\_\_ as we delight in who God is and the peace and love he can bring into our hearts, minds, and souls.
3. Biblical meditation seeks to find the power of \_\_\_\_\_ to heal, restore, and make new. This leads to Jesus being our Savior.

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## WHY SHOULD WE ENGAGE IN BIBLICAL MEDITATION?

1. To deepen our \_\_\_\_\_ to God's goodness, peace, wisdom, word, and will. (Romans 5:1-2, Romans 8:5-6, Proverbs 2:1-6)
2. To \_\_\_\_\_ our minds and be transformed into the image of Christ. (Romans 12:1-12)

## HOW CAN I PRACTICE BIBLICAL MEDITATION?

1. Retreat to a quiet place. (Genesis 24:63 NIV, Habakkuk 2:1 NLT)
2. EMBED God's Word into your heart. (Joshua 1:8, Psalm 119:11)
3. NAME the sins you've committed or the lies you've been listening to. (1 John 1:9, John 8:44)
4. EMbrace God's truths over sin and lies. (Titus 2:14, Ephesians 2:10)
5. WELCOME the peace of God into your heart. (2 Thessalonians 3:16, Philippians 4:6-7)
6. ENCOUNTER the transformation of Christ. (Romans 12:2, 2 Cor. 3:18)
7. DECLARE the goodness of God. (Psalm 145:1-7)

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