

30 DAY JOURNEY TO WALKING WITH GOD

WEEK 2: GOD'S WORD

Meditating on the Word of God:

Meditation on the Word of God is a vital and important spiritual discipline in the life of a believer. The English word "meditate" comes from the Hebrew verb *hagah* which means "to muse," "to meditate," "to moan," "to think," or "to speak." Meditation includes "reviewing, repeating, reflecting, thinking, analyzing, feeling, and even enjoying the text." The intent is that the Word of God touches the heart, mind, emotions and intellect of the believer. Christian meditation is different from eastern/non-Christian meditation patterns. In non-Christian practices, such as transcendental meditation, the focus is on emptying your mind and creating your own reality while in Christian meditation, the focus is on filling your mind with the Word of God and understanding God's reality.

During week 2, we will focus on the chapter **PSALMS 1**

Here are some ways that you can meditate on the Word of God.

- (1) **Read the passage at least 3 times each day. As you read the passage, take time to read it slowly. In at least 1 of those times, read the passage aloud. You can also read the passage in various translations of the bible. [biblegateway.com, bible.logos.com]**
- (2) After you read it each time, stop and take some time to listen. Write down some of the thoughts or ideas that come from the passage.
- (3) Pray through the passage. Turn the passage into the first person. e.g [Psalms 1] "I am blessed because I will not walk in the counsel of the ungodly..."
- (4) Memorize a part or all of the passage.
- (5) Write a letter to God in response to the passage.
- (6) Write down different ways that you can apply the passage to your life.
- (7) Study other passages that are connected with the key points of this passage: Delighting in the Lord; Seasons; The Lord Prospers; The Ways of the Wicked

	Thoughts + Ideas from the Passage	Application of the passage to your own life
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

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Allowing God’s Word to Lead Your Life

From the list of areas that you asked the Lord about last week, pick one area that you want to focus on this week. If you are having trouble finding an area, here are some suggestions:

- (1) dealing with emotions
- (2) avoiding fear
- (3) walking in boldness
- (4) sharing your faith
- (5) walking in the fruit of the Spirit: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control”
- (6) closer relationship with God

Each day find one passage that deals with that area. Find one application that you can do that day.

My Area:

	My Passage	Application of the passage to your own life
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

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