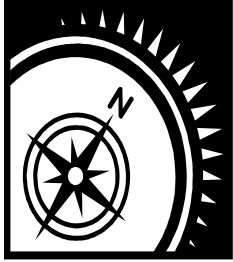


A Journey in
Discipleship

OCTOBER 2007

BEP SMALLGROUP PARTICIPANT'S STUDY

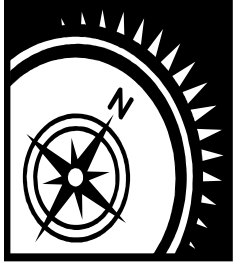


How Do I Meet with Jesus?

Week One

KEY CONCEPT -MEDITATION

- ☞ Traditionally "devotional" time consisted of a) Bible reading and b) prayer. But for many these alone do not get to the experience of God's presence the Psalms call us to (see Psalm 27, 63, 84). Meditation is a 'middle' practice which bridges between reading and prayer. It is at once prayerful reading and informed prayer. It is "the descent of the mind with truth into the heart, until our whole being yearns for God." (Peter Toon) Discuss this kind of meditation. Describe what this looks like in the most practical terms. (Refer to *lectio-meditatio-oratio-comtemplatio* on page)
- ☞ See meditation practiced in the Psalmist's life. Read Psalm 27 and describe what we are to "seek" and "look" for and how we are to seek and look for it.
- ☞ Read Psalm 63 & 84 and describe the attitude of the Psalmist.
- ☞ The Biblical term 'meditation' often appears in the Psalms. One Hebrew word for it means literally to 'talk to oneself.' This refers to how meditation entails both focused attention and personal application. Meditation is a conversation with God. As we prayerfully concentrate on his Word we respond to God in personal worship and commitment. This conversation is different for everybody. Share with one another how you like to have time with God. Mine is always with coffee! If you don't have regular time with God take time to share useful and practical ways of deepening your time with Him.
- ☞ This month we will continue to look at three areas of this kind of meditation. We will ask What exactly is biblical meditation? How does meditation affect our walk with God? What keeps us from engaging in this kind of deep intimacy with our Father? Discuss your initial thoughts in response to those questions.

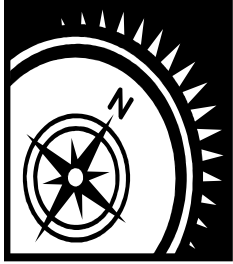


How Do I Meet with Jesus?

Week Three

Read Psalm 77.

- ☞ Describe the countenance of the Psalmist in verse 1-9.
- ☞ Describe the diligent search in verse 6. Is it ok to question God like this in vs. 7-9?
- ☞ Verse 9 reveals something about God's character. What do we learn about these two aspects of God's character? Does this influence the way we relate to Him? If so, how?
- ☞ There is a turning point in verse 10. What is it?
- ☞ The "appeal to the right hand of the Most High" is another way of saying I will appeal to what God has done. Describe the track record of God in vs. 11-20.
- ☞ Describe God's track record in your life. What is the most recent way God has shown his faithfulness in your life?
- ☞ What would be the outcome of continually meditating on God's power & faithfulness in your life?



How Do I Meet with Jesus?

Week Two

Read Psalm 1:1-6

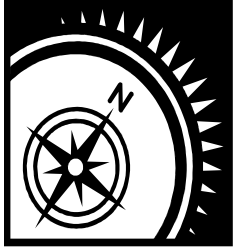
☞ What can you learn about meditation from v.2?

☞ What can you learn about meditation by the contrast in v.1? (Hint: what is the significance of the progression from 'walk' to 'stand' to 'sit'?)

☞ How is v.3-5 an example of meditation itself? a) Make a list of what the extended contrasting metaphors tell us of godliness and ungodliness? b) How is a tree like a meditating person? c) What else does this example tell you about meditation in general?

☞ What does v.5-6 promise? How can this be the result of a life of meditation?

☞ Psalm 1 is not itself a prayer, unlike most of the rest of the Psalms. It is a meditation on meditation. Why do you think it was chosen to stand here as an introduction to all the rest of the prayers of the Psalms?



How Do I Meet with Jesus?

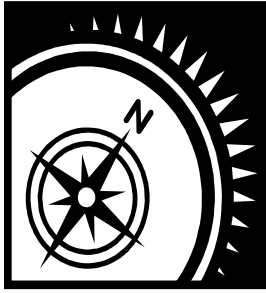
Week Four

Psalm 145

Instead of discussing the text this week, we will spend this time together meditating and worshipping God through the text.

☞ **Instructions:** Divide the twenty one verses of Psalm 145 among those who are willing to read aloud and pray. Start at the beginning and each person read their portion slowly, stopping to respond to what is said. This will create a rhythm of reading aloud and praying. If there is some attribute or act of God to be praised, the person reading should stop and praise God in prayer. If you sense that the text speaks to some sin in your life, personally or corporately, stop to confess. If it gives an instruction or command, stop to ask for guidance to the specific application in your life. Read and pray slowly, concentrating and listening for what God says to you in the text. (Suggestion: Look at the text through lens of what Christ has done for you on the cross and your new identity in Him.)

☞ **Discussion:** What you have just done is biblical meditation. You meditated on the attributes and actions of God and their weight upon your life as they are revealed in his Word. Discuss your experience and explain why it was positive or negative. Could you practice this in your own personal devotional life?



How Do I Meet with Jesus?

A model of meditation

☞ **Lectio:** Reading First understand the passage.

- Read slowly through the whole passage. When a thought, phrase, or word captures your attention, stop and dwell on it. Underline or note each.
- Read a second time and ask: "What truth is the author getting across here?" Ask what it says about 1) who God is, 2) who we are, 3) who Christ is and what he did.
- Read a third time. List each: 1) example to follow, 2) command to obey, 3) promise to claim.

☞ **Meditatio:** Reflecting. Second, meditate and listen for the voice of God.

Choose the 2 or 3 most important insights or verses from your reading and ask:

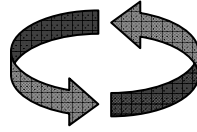
- How does this lead me to adore and praise God? (What attribute of God does it show?)
- How does this lead me to confess or repent to God? (What wrong thoughts, feelings, and behavior happen in me when this is forgotten?)
- How can I thank Jesus for being the ultimate answer to this sin? (How is this sin being caused by an inordinate hope for something to give me what only Jesus can really give me?)
- What does this lead me to petition God for? (What do I need from God if I am to realize this truth in my life?)
- Why might God be showing me this today?

☞ **Oratio:** Praying. Third, on the basis of your meditation, speak very directly to God about what you are learning and hearing. Pray every one of the meditations-- "Adoration", "Confession", "Thanksgiving" and "Supplication"--back to him.

☞ **Contemplatio:** Sensing. Often, though not always, during reading, reflecting, or praying you begin to get a 'sense on the heart' of the reality of God and his presence, and you may receive strong assurance of belonging to him. Stop and enjoy him.

BEP Adult Ministry

A simple process of discipleship



WORSHIP TOGETHER

Sunday Worship

Set up/ Ushers/ Greeters /Enfolding Team/
Reception Team/Worship Teams/AV Team

LEARN TOGETHER

Adult Christian Education

Journey in the Word/ W2W & Men's Ministry
Bible Studies/Discipleship Series

SERVE TOGETHER

Ministries & Missions

Deaconate/ Deacon's Assistants/My Brother's
Pantry /Boys & Girls Club/ Habitat for Human-
ity/ Car Clinic/Fifth Quarter/ Family Club/ Tues-
day Open Gym /Karate Club/Missions

LIVE TOGETHER

Small Groups & Church Fellowships

Small Groups

Couples/ W2W/ Men's / Divorce Care/ College& Career

Church Fellowships