

Creekside LifeGroup Study

Series: Before We Lose Our Minds

Topic: The Art of Meditation

2020/10/04

LEADER NOTES

Welcome back to our series at Creekside called, Before We Lose Our Minds. In these challenging times, God wants us to have the mind of Christ. Rather than lose our minds to the culture around us, God can grow our minds to become more like the mind of Jesus. Today we're going to invite Him to do that by practicing biblical meditation. Meditation is both scripturally and scientifically supported as good for you and necessary. In our world it is more important than ever to learn how to meditate and make it a regular practice. The focus of this week's study is to experience biblical mediation together as a group as we try an ancient spiritual exercise called Lectio Divina. May God bless you as you grow the mind of Christ together!

ICEBREAKER: Distracted Anyone??? 😊

According to Chris Bailey's article, "You're distracted more often than you think" the average person working on a computer connected to the internet is distracted every 40 seconds ... every 40 seconds! Think back on your day. What distracted you? Did your distraction make you lose track of what you were doing in the first place? Share your distraction story with your group.

STUDY:

Growing the mind of Christ means taking the time to focus on Scripture, to think deeply about the meaning of God's Word, to listen intently to how God wants to apply His Word to my life. Much of our study time today will be experiential. We're going to experience how to practice biblical meditation.

Q – think back to Pete's sermon about the Art of Meditation. What did you find interesting or helpful to you about the art of meditation?

LEADER NOTE: Do you have group members who haven't watched this sermon? Send them this link before you meet so they can check it out! <https://www.creeksidechurch.ca/media/>

Q – How are things going for you these days with the habit of regularly reading the Scriptures? Are you feeling encouraged, discouraged, tired in this area? Are you trying a new approach this fall?

LEADER NOTE: Many of us feel guilty or embarrassed about our habit of regularly reading the Bible. We feel we are falling short of our goal or God's best in this area. It's good to be honest with one another about where we are with this habit and how we are feeling. From there, we can encourage and support one another as we grow.

READ Psalm 1

Psalm 1

- ¹ Oh, the joys of those who do not
follow the advice of the wicked,
or stand around with sinners,
or join in with mockers.
- ² But they delight in the law of the LORD,
meditating on it day and night.
- ³ They are like trees planted along the riverbank,
bearing fruit each season.
Their leaves never wither,
and they prosper in all they do.
- ⁴ But not the wicked!
They are like worthless chaff, scattered by the wind.
- ⁵ They will be condemned at the time of judgment.
Sinners will have no place among the godly.
- ⁶ For the LORD watches over the path of the godly,
but the path of the wicked leads to destruction.

Q – What key words or phrases in this Psalm speak to your heart about biblical meditation?

LEADER NOTE: Biblical meditation means saying "no" to what distracts us from God's best for us (vs. 1) and having a posture of delight and intentionality about meditating on God's Word

(vs. 2). God promises His blessing and presence for those who choose to focus their lives on Him.

LECTIO DIVINA VIDEO

In this 17 minute video, Pete walks your LifeGroup through an experience in biblical meditation called Lectio Divina. Watch this video as a group and enjoy the experience!

<https://vimeo.com/463540215>

PRAYER

Creekside supports the C Family serving with Avant formerly in Kenya, and now on sabbatical in Greece while awaiting the move to their new mission field.

Gary writes: God has us exactly where he wants us to be. We are experiencing culture shock at so many levels. The majority of people (in Greece) are secular, post-Christian and are "laws unto themselves".

During the last number of weeks, as we connect with young people, we have seen that secularism does not have the power to cancel our human longings for meaning and worth. If anything, it increases them and creates a greater desire for hope.

Pray for the family as they adjust to life in Greece, and for their son Z who is back in Canada in first year University.

Pray for God's provision and leading in this interim time in their lives, as they engage in ministry in Greece and look ahead to moving to their new assignment in a different country.

