

Meditation

Series: Spiritual Discipline

Date: January 30, 2010

Bible Verse: "Train yourself to be godly" (1 Tim 4:7)

1. "Spiritual Discipline" concerns life-choices that facilitate a deeper relationship with God.
2. Discipline # 1: Spend one-on-one time with the Father regularly (LAST WEEK)
3. Discipline # 2: Meditate Regularly on Scripture verse(s)
4. How do we meditate on God's Word daily? (Today's take away)
 - (a) Use index cards to internalize Scripture
 - (b) Use a journal to record thoughts on Scripture