

Heart to Heart

Living the Life

Sharing the Journey

Week 8: Meditating for Life

1. Show and Tell!

Share highlights from your time with Jesus Creatively Meditating on His Word

What was your favorite way of creatively meditating this week? Why?

Be sure to share the pages you created with each other as you do this.

What new insights did you gain about the Lord as you did this?

What did you learn as you camped out in Matthew 4:19?

How did this connect with your life?

2. Add To Your Pantry

What tools did you/can you add to the pantry on the witnessing shelf from this past week?

3. Introduction to Examen

Examen - a spiritual discipline where at the end of the day you consider

 Consolations - the things you did that drew you closer to the Lord or made you more aware of His presence

 Desolations - the things you did that resulted in you not being aware of the Lord or feeling farther away from him. These things may not be sinful in and of themselves but they aren't life-giving for you.

Taking time to evaluate and become aware of how you are impacted spiritually by different activities can be a huge step towards growing in your awareness of God as you go throughout your day.

You can apply this practice to creatively meditating. Some of the things you've done the past 8 weeks may have helped you enjoy time with Jesus more than others. Taking time to identify what they are can be a huge help in determining how to continue meditating for life.

4. Share the Creative Meditation Bookmark with her

In this week's booklet you will have opportunity each day to do one creative meditation practice from each week. After you do each, taking time to evaluate how helpful it was can be a wise practice.

This bookmark lists the variety of ways you've been creatively meditating on God's Word the past 7 days. It can be helpful to make a mark to the side of the items that bring joy and delight as they facilitate sweet time with Jesus.

5. Take your pulse and consider.

Where were you at when you began this journey?
How have you grown during the past seven weeks?
What have been highlights for you?

6. Memorize Psalm 119:14-16 phrase by phrase, encourage her to review daily.

You now have six verses to review each day.

You will now review all your verses once a day.

These verses are not a part of the wheel illustration but they summarize what we've been seeking to do the past seven months learning to grow in creatively meditating on God's Word

7. Share a Quiet Time in Psalm 119:14-16 (Day 1 in the booklet)

LOOK: read until a verse stands out to you

LISTEN: Share with Jesus what stands out to you and listen to hear his response

LIVE IT OUT: How do you sense the Lord is inviting you to respond to what He's highlighted for you?

LET IT LAST: Sketch a quick picture capturing the main treasure the Lord blessed you with.

What can you learn from the Psalmist about meditation?

How does this relate to your life?

8. Review 2 Corinthians 5:17, Romans 12:1, 2 Timothy 3:16 and John 15:7 and Matthew 18:20 as well as Matthew 4:19 one more time.

9. Respond to Jesus

Discuss:

What was the main treasure Jesus blessed you with today?

How do you sense Jesus inviting you to respond to this?

How will you do this?

Pray for each other.