

**Series:** Being with Jesus, a study in spiritual disciplines

**Sermon:** Meditation, Study, & Solitude

**Primary texts:** Psalms 63:5-6; 119:97, 101-102; Ecclesiastes 5:1-2; Matthew 16:16, 18; Mark 6:31; Luke 2:19; John 8:31-32; Romans 12:2; 1 Corinthians 3:11; Galatians 4:19; Philippians 4:7; Colossians 3:4; Revelation 3:20

**Discussion guide:**

- How does discipline lead to...
  - Freedom?
  - Joy?
  - Rest?
- Read Galatians 4:19...
  - What does “Christ is formed in you” mean?
  - Can you always tell when this is happening?
- What does meditate mean? (feel free to use dictionary.com)
- Explain how “contemplative prayer” is a good way of saying “Christian meditation”?
- Read Psalms 63:5-6; 119:97, 101-102...
  - What is the writer meditating on in each verse?
  - How would you meditate over these?
- How is meditation being with Jesus?
- Read Romans 12:2, John 8:31-32
  - What do these verses tell you about the discipline of study?
- Why do many people experience fear and anxiety due to lack of study?
  - Have you had experience anxiety and fear because of a misinterpretation or misunderstanding of the Bible that study could or has rectified?
- Why are each of the following essential to study:
  - Repetition
  - Context
  - Consensus (what the Bible says about a subject in other places)
  - Other books
  - Discussion
  - Asking all the questions
- Read Luke 6:12; Mark 6:31; Luke 5:16.
  - What do these passages say about solitude?
  - Explain Foster’s statement that “Loneliness is inner emptiness. Solitude is inner fullness.”
  - Why is solitude important?
  - What is the point of it?
- Read Ecclesiastes 5:1-2.
  - What is the silence we’re talking about?
  - What does it mean to be silent to listen?
  - Why is this essential to the other disciplines?
- How are each of these disciplines essential to each other?