



MY ONE WORD, PART 2: MEDITATE

Many of us say we want to hear God’s voice and live with purpose—but we rarely slow down long enough to listen. Our lives are filled with noise, distractions, productivity, and pressure to perform. We read Scripture quickly (if at all), check a box, and move on—then wonder why God feels distant.

Knowing God’s Word is not about *more* knowledge, but a deeper, slower practice that helps move God’s Word from the page into our hearts. If you’ve ever said, “I don’t get much out of the Bible,” then maybe you should meditate.

BIG IDEA: **When we meditate, we hear the Word of God speak.**

DISCUSSION QUESTIONS

1. What’s a song you know so well that you can sing it after hearing just the first few notes? Why do you think music sticks with us so easily?
2. *With the Bible or Bible App, [read Joshua 1:6-8](#).*

⁶ “Be strong and courageous, for you are the one who will lead these people to possess all the land I swore to their ancestors I would give them. ⁷ Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. ⁸ Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. [Joshua 1:6-8 \(NLT\)](#)”

3. What words or phrases stand out to you in this passage?
4. Why do you think God repeated “be strong and courageous” to Joshua?
5. God gave Joshua five direct commands in verses 7-8, all related to His laws. Can you list them?
6. What was necessary for success in Joshua 1:7? What do you think God meant here by success?
7. According to verse 8, what is the connection between meditation, obedience, and success? How does this definition of success differ from the world’s definition?
8. Kim said, “*Slow down, and notice words, phrases, and actions in Scripture.*” What do you think changes when we *listen* to Scripture instead of just reading it?
9. Many people think meditation means emptying the mind, but Kim said biblical meditation is different. How is biblical meditation different?

Meditate comes from the Hebrew word *hagah* הָגָה to meditate, speak, moan, utter, and ponder.

10. *With the Bible or Bible App, read the following verses.*

May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer. [Psalm 19:14 \(NLT\)](#)

“I lie awake thinking of you, meditating on you through the night.” [Psalm 63:6 \(NLT\)](#)

“I honor and love your commands. I meditate on your decrees.” [Psalm 119:48 \(NLT\)](#)

“I will meditate on your majestic, glorious splendor and your wonderful miracles.” [Psalm 145:5 \(NLT\)](#)

11. Why do you think meditation is described as something ongoing—not rushed or occasional? What prevents us from giving God this kind of focused attention?

12. With the Bible or Bible App, [read Luke 10:38–42](#).

³⁸ As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." ⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details!" ⁴² *There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.*

[Luke 10:38–42 \(NLT\)](#)

13. Why do you think Jesus affirmed Mary's choice over Martha's productivity? How do you personally relate more to Martha than Mary?
14. Kim said Martha lived from what she *did* instead of who she *was*. Where do you see this tension in your own life? How might meditation help shift you from performance to presence?
15. What would it look like for you to meditate on one verse this week instead of rushing through Scripture? What fears or excuses come up when you think about slowing down?

MOVING FORWARD

Meditation isn't about adding another spiritual task to your to-do list—it's about creating space to receive what God is already speaking. You don't need more information; you need deeper attention. As you slow down, listen, and return to God's Word again and again, you'll find that Scripture begins to live in you, guide you, and shape you from the inside out.

CHANGING YOUR MIND

Study this Book of Instruction continually. Meditate on it day and night

Joshua 1:8 (NLT)