

# CONFORMED

## THE GIFT OF HOLY HABITS

### Table Discussion Guide

**Week 2** - Scripture and Meditation

**Main Point:** The gift of scripture and meditation

**Scripture Focus:** Psalm 1:2-3

#### Discussion Opener

Silence and Solitude. Last week our practice was to try silence and solitude. Were you able to create space for this? If not, what was your greatest challenge?

#### Discussion Questions

1. “Your mind is a battlefield.” How does this statement challenge you in the way you live your life? What are some of the battles we face in our mind?
2. Read Philippians 4:8 outloud. Point out the things individually that are in this list. With each one, give some examples to bring these practically into your life.
3. Read Luke 6:45 out loud. This week, Pastor Craig said “Garbage in is garbage in.” How does this challenge us in what we allow into our lives through what we see, hear, and experience?
4. “The point of the Bible isn’t to know a book, it’s to know a person.” Our understanding and study of scripture is not just to have more knowledge of God, it is to know God personally. How does this idea encourage us in the way we read and study the Bible?

**Practice/Discipline For the Week:** Scripture and Meditation. Take time this week to really think about what you are allowing in your mind. Is it for your good or leading you away from Jesus? Also, set times for the next week to read scripture. Don’t just read a lot of scripture and try to rush through but take time to meditate (*sit with and think about intentionally*) on a smaller section.

