

WITH ME

Main Passage: John 15:9 – “As the Father has loved me, so have I loved you. Now remain in my love.”

1. Meditation – Filling Our Minds With Jesus

- Everyone meditates on something (Psalm 1:1–3).
- We either dwell on the messages of the world or the truth of God.
- Meditating on Scripture shapes our identity, stability, and fruitfulness.
- Helpful passages for meditation: Hebrews 10:14; Ephesians 1:3–7; Lamentations 3:22–24.

2. Prayer – Being Real With God

- God invites us to come to Him honestly (Genesis 3:8–11).
- Fear often causes us to hide, just like Adam.
- Jesus teaches that prayer is not about many words (Matthew 6:7).
- Because we are clothed in Christ, we can come to God openly and authentically.

Reflection Questions

- What fills my thoughts most throughout the day?
- Am I meditating more on the world’s messages or God’s truth?
- Do I feel free to be completely honest with God in prayer?
- What would it look like for me to intentionally spend time with Jesus this week?

Practice This Week

- Set aside 10 minutes each day to be with Jesus.
- Meditate on one passage (Hebrews 10:14, Ephesians 1:3–7, or Lamentations 3:22–24).
- Spend time in honest prayer—be real with God.