



Destroying Distractions

Spiritual Disciplines: Meditation

Joshua 1:1-9



Study Description

In Joshua 1:1-9, we see Joshua being commissioned by God to lead the Israelites into the Promised Land. The passage emphasizes the importance of courage, obedience, and meditation on God's Word in the face of challenges and distractions. Through exploring this passage, we will examine how the spiritual discipline of meditation can help us focus on God's promises, overcome distractions, and find strength and guidance in our journey of faith.

Share: (5 Min)

- What's one thing God is doing in your life that we can celebrate together?
- Read Joshua 1:1-9 together.

Learn: (10 Min)

- What words or phrases keep recurring in this passage? Why do you think that's important?
- What does it mean when we are called to "meditate" on the word of God day and night?
- What is the difference between meditation on Scripture and simply reading Scripture?

Love: (10 Min)

- Why do you think God encourages Joshua (and by extension, us) to meditate on His Word? What does this reveal about God's character and His desire for relationship with us?
- How can meditation on God's word invite intimacy with Him into our lives?
- What are some verses or stories that you've meditated on in the past that have helped you in your walk with Christ?

Live: (10 Min)

- What could a life of meditation on God's Word look like in our lives?
- What are some obstacles that could keep you from meditating on God's Word? Be specific.
- As a group, find a text or passage that you can commit to meditating on this week. Maybe even try memorizing the text together as a Life Group!

Prayer (15 Min)

- Pray for each other using the words of the meditation verse/passage this week.

Trios: Split into same-gender groups of three and pick a question. (15 Min)

1. Do you find it hard to meditate on something? Why is it difficult?
2. What are some things in your life that you've been meditating on that are not healthy?
3. Discuss how the verse you picked to meditate on this week could impact your walk with Christ this week.



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Feel free to take any notes in the space below.