Biblical Equipping Part 3

Processing Discussion

Your group's use of the Biblical Equipping Away part of the cycle will be influenced by your own practice of Obey, Meditate, and Reflect. Consider your own habits and experience with each heading as a preparation for a discussion with your coach, and be sure to note any points that you really appreciated or ask any questions that popped up for you from the video.

Obey

This step to Obey grows right out of the Plan step in Biblical Equipping Together. How common is it for you to come out of a group session (or your daily time in God's Word) with some way to obey God in a very specific way?

Share an experience you've had where obedience to God's Word was a challenge but had a big impact on the situation.

Meditate

In your experience, how does meditation on God's Word strengthen your relationship with God? Does it deepen or threaten healthy, healing relationships with others?

Which is the biggest hurdle for you in your practice of meditating on God's Word

- Time

- Environment

- Desire

- Lack of Experience

How to Meditate:

Pray - Ask God to be with you as you meditate.
Request the Spirit's guidance and wisdom.

Make room for God - Allow yourself a block of time.

Enter into the text - Read the portion of scripture you've chosen. Enter into the text or story as an active participant.

Listen to the text - Allow God to speak through this portion of scripture. Ask yourself what this text says about God and about you.

Internalize the text - Personalize, paraphrase, or memorize the text .

Relate - Keep the text handy throughout the day to hear it indifferent contexts.

Pray - Close your time of meditation with prayer. Thank God for what He has shown you. Ask God for help with any challenging steps you are drawn to take.

Reflect

What distinction have you found between meditation and reflection?

When God points something out to you during the day, how do you capture that thought for further reflection?

What has your experience been with keeping a journal?