

Experiencing God: Meditation

February 21, 2021

Discussion Questions



Begin by spending a few minutes meditating on one of these passages:

Psalms 1:1-3, Ephesians 1:17, Matthew 11:28-29, Matthew 6:25-26, John 16:13

1. Before you began this study what were your impressions of meditation? Did you meditate? Did you call it meditation or did you refer to it using a different term? How has your view of meditation changed as a result of the message and/or the teachings of Richard Foster?
2. What are your concerns with the idea of meditating on Scripture?
3. Which of the sources for meditation have you found most helpful or moving?
4. Share an experience you had with God: A time where you felt his presence, heard a word from him that was clearly meant for you and not coincidental, experienced overwhelming comfort, or received an answer to prayer from someone who could not have known about your struggles?
5. Which one comes more naturally for you, bible study or meditation?
6. What do you think about the notion that it's the imagination that is people's greatest Achilles heel when it comes to falling to a temptation?
7. What obstacles have you experienced when you tried to spend some quiet time with God?
8. What helps you have quality time with God? What works for you and what does not? Any unanswered questions about meditation?
9. Have you meditated yet? If your group meets early in the week you may not have had time. That's okay. Skip this question if that is you. If you have had time to practice meditating share your experience with the group.