

# Spiritual Discipline of the Month

## October - Meditation

Last month we kicked off our journey together with the practice of study. We hope you experienced some of the benefits of studying God's Word and that the practice of study becomes a lifelong habit. This month we will practice meditation, specifically meditating on the message and meaning of God's Word. Meditation is similar to study but distinct in that when we study, we gain knowledge. In meditation we gain understanding as we listen intently to what God is saying to us through the Bible. Meditation purifies and renews our hearts and minds as we let God's Word penetrate our very being.

*"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." - Romans 12:2*

### Practical suggestions / Challenge for the month.

- ✓ Set aside 5 to 15 minutes a day. Start with 5 minutes & increase the time during the month. Begin by asking God to speak to you through His Word and anticipate that He will.
- ✓ Pick a chapter in the Bible and read it slowly. Read it out loud. Read it with a vulnerable heart and be open to the message for your life that day.
- ✓ Notice the ideas and thoughts that come to mind or words that stand out. Reflect on what it means through out the day and allow it to sink into your heart.
- ✓ Imagine yourself as the different people in a story or a parable.

- ✓ Memorize verses and/or phrases throughout the month that stand out to you.

### Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

**Helpful Hints:** Use the concordance in your Bible to find a particular topic or skim through the section headings in your Bible for a topic or story of interest.

If you have any questions, want other suggestions, or would like to share your meditation experience, contact us at (302) 378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual disciplines refer to "*Celebration of Discipline: The Path to Spiritual Growth*," by Robert Foster