

Spiritual Discipline of the Month Study & Meditation

On the heels of our "baseball" messages, study and meditation are like "spring training for the soul." They are two of the core spiritual disciplines. Each time we study, meditate, and read the Bible we make ourselves available to have a personal encounter with God (really). This happens because the word of God is living and active. It has the power to penetrate into our very being. We read about this in Hebrews 4:12:

"¹²For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

Taking time daily to study and mediate on God's word gives us spiritual nourishment for the day. When we study, we learn about God and His message to us; we gain knowledge of God's word. In meditation, we gain understanding as we listen intently to what God is saying to us through the Bible.

Practical suggestions / Challenge for the month.

Beginners: Read, study, and meditate on one chapter in the Bible each day. Pick a book of the Bible and begin reading. Not sure where to start? Begin by reading the book of John.

Intermediate: Read, study, and meditate on three chapters in the Bible each day. Ask yourself, what are the key messages in these passages, and how can I best apply them to my life?

Advanced: Spend 30 to 60 minutes a day in study. Use a study Bible and/or look up the meaning of words and concepts in a Bible dictionary or other resources you have.

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: You can read the Bible online at www.biblegateway.com

If you have any questions, want other suggestions, or would like to share your experience call the office (302) 378-7692 or send us an email at 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