

# Discussion Guide



Summer 2010 Sermon Series  
<http://www.rbcpc.org/spiritual-apps/>

## “Transformed by Meditation”

Week # 3, July 17/18, 2010

- 1. Scriptures:** Psalm, 1:1-2, Matthew 4:1-11, Mark 8,1-10, free mobile Bible apps:
  - iphone: visit App Store, ibible or Bible: Life Church YouVersion
  - blackberry/droid: visit App World, Bible: Life Church YouVersion
- 2. Sermon:** “Transformed by Meditation” Pastor Bruce Humphrey,  
<http://www.rbcpc.org/about-us/sermons/>  
*Additional Resources*  
Christian Meditation: [www.thechristianmeditator.com/christianmeditationtechniques.html](http://www.thechristianmeditator.com/christianmeditationtechniques.html)  
Lectio Divina: [en.wikipedia.org/wiki/Lectio\\_Divina](http://en.wikipedia.org/wiki/Lectio_Divina)  
Contextual Resource: [www.followtherabbi.com/](http://www.followtherabbi.com/)  
Practicing the Spiritual Apps: [www.rbcpc.org/connect/small-groups/](http://www.rbcpc.org/connect/small-groups/)
- 3. Study resources**
  - Primary: John Ortberg, *The Life You’ve Always Wanted*, Ch. 11 (cont.)
  - Secondary: Richard Foster, *Celebration of Discipline*, pg. 15-32
- 4. Study Guide** <http://www.rbcpc.org/spiritual-apps/>
- 5. Blog** <http://spiritualapps.blogspot.com/>

Next week, July 24/25: **Sermon:** “Transformed by Service”  
**Study:** *The Life You’ve Always Wanted*, Ch. 7  
*Celebration of Discipline*, pg. 126-140

## ***“Transformed by Meditation”***

### **Scripture References**

Read and reflect on the following scriptures. What do they say to you about the practice of *meditation*?

#### **Psalm 1:1-2**

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; <sup>2</sup> but their delight is in the law of the LORD, and on his law they meditate day and night.

*Notes:*

#### **Matthew 4:1-11**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> He fasted forty days and forty nights, and afterwards he was famished. <sup>3</sup> The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." <sup>4</sup> But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" <sup>5</sup> Then the devil took him to the holy city and placed him on the pinnacle of the temple, <sup>6</sup> saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" <sup>7</sup> Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" <sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; <sup>9</sup> and he said to him, "All these I will give you, if you will fall down and worship me." <sup>10</sup> Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" <sup>11</sup> Then the devil left him, and suddenly angels came and waited on him.

*Notes:*

#### **Lectio Divina (see Life Application page): Mark 8:1-10**

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, <sup>2</sup> "I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. <sup>3</sup> If I send them away hungry to their homes, they will faint on the way-- and some of them have come from a great distance." <sup>4</sup> His disciples replied, "How can one feed these people with bread here in the desert?" <sup>5</sup> He asked them, "How many loaves do you have?" They said, "Seven." <sup>6</sup> Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. <sup>7</sup> They had also a few small fish; and after blessing them, he ordered that these too should be distributed. <sup>8</sup> They ate and were filled; and they took up the broken pieces left over, seven baskets full. <sup>9</sup> Now there were about four thousand people. And he sent them away. <sup>10</sup> And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

## ***“Transformed by Meditation”***

### **Discussion Guide**

#### **Sermon**

Key Words: ***Meditation, Devotional, Feeling, Lectio divina, Test***

***“If God left a personal message on our answering machine, many of us would treat it as a wrong number and not even bother to return the call. Do we hear the Bible as God’s personal call to each of us?” Bruce Humphrey.***

1. How might using our own imagination and senses when reading the Bible help to make it more personal? How might it interfere?
2. Do you think Jesus had *feelings* like you? If not, why not? If so, what value do you think He places on your feelings? What does this tell you about the nature of God?
3. Devotional meditation helps us to feel what others feel. Why is this so important for followers of Jesus?

#### **Scripture**

4. Read the Matthew 4:1-11 scripture. What value does Jesus place on knowledge of scripture?
5. Since Jesus was fully human and fully God, why do you think the devil would dare to tempt God with what was already His? What does this mean for the power of spiritual warfare?
6. Read the Psalm 1:1-2 scripture. Why is the feeling of happiness directly linked to the practice of meditation?

#### **Study Resource**

7. ***“The goal is not for us to get through the Scriptures. The goal is to get the Scriptures through us.” John Ortberg, The Life You’ve Always Wanted.*** Why bother? Why would a follower of Christ want this?
8. Ortberg talks about double-mindedness as having divided loyalties – the spiritual battle between seeking God or choosing sin. How might meditation help you in this battle?
9. How does meditating on Jesus’ temptation in the wilderness help you to experience what Jesus experienced?
10. How does meditation help us to discover how Jesus would live if he were in our place?

## ***“Transformed by Meditation”***

### **Life Applications SPIRITUAL APP: Meditation**

Think about what you are trying to achieve through the discipline of *meditation* - keep that in mind as you go through this section.

*Remember that not all spiritual apps/disciplines will work for everyone. Celebrate that fact! Spiritual disciplines are a lot like spiritual gifts in that the Holy Spirit uses each one of us in a unique way. If this one does not work for you, don't give up, try the next one!*

#### Additional Helpful Resources:

Meditation: [www.thechristianmeditator.com/christianmeditationtechniques.html](http://www.thechristianmeditator.com/christianmeditationtechniques.html)

Lectio Divina: [http://en.wikipedia.org/wiki/Lectio\\_Divina](http://en.wikipedia.org/wiki/Lectio_Divina)

The Message//Remix: Solo, *An Uncommon Devotional*, Eugene. H. Peterson

Gathered in the Word, *Praying the Scripture in Small Groups*, Norvene Vest

Too Deep for Words, *Rediscovering Lectio Divina*, Thelma Hall

#### **Personal:**

- Close your eyes and try to remember a time you felt “famished.” How does this feeling help you relate to the humanity of Jesus?
- Select an Old Testament Bible story. Imagine yourself in that place. Make notes as to how each one of your 5 senses is affected: sight, sound, smell, touch, taste.

#### **Small Group:**

- Describe a time in your life when you felt that God was communicating something to you. How did you know it was God?
- Read the Mark 8:1-10 as Lectio Divina. Ask a different group member to do each of the readings:
  1. First Reading: Listen to the passage for the overall story and context.
  2. Second Reading: Listen for a specific word, or phrase, that stands out or speaks personally to you.
  3. Third Reading: Reflect on how this passage might touch or impact your life right now. Share.

#### **Pray:**

- Personal: Make a mental list of 3 reasons you are not reading your Bible more. Share them with Jesus, and ask Him to help you overcome *one* of these obstacles today.
- Group: Open your Bibles and pray Psalm 1:1-3 in unison.
- Kingdom: Pray for Wycliff Bible Translators as they seek to share the Word of God in native languages throughout the world.