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# ENABLE 4.2

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**“Reflect on what I am saying for the Lord will give you insight.” 2 Timothy 2:7**

**Group Meditation Exercise  
Small Group Session Sixteen  
Week Beginning 5th May**



# Delight in His Word

We started thinking last week about the fourth great enabler - God's word. In the hands of the Holy Spirit it is transforming and it empowers disciples as they pray. But, often we find God's word does not have the transforming power we might hope. We listen to a sermon, we read a passage of the Bible in a quiet time, we open God's word in Small Group; we hear much of God's word, yet we don't experience its life changing power. Why?

The answer (I tentatively suggested last week) might be that, although we hear much, read much, understand much, we don't have the time or take the time to let those truths permeate down deep into our hearts. Like a bouncing bomb, God's word detonates on the surface of our lives, rather than sinking down deep into our hearts to explode there under the surface.

In short, we want to rediscover what it is to meditate on God's word like the Psalmist... *"the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God. It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God."* (J.I. Packer)

Excuse the old fashioned idiom, but to quote Thomas Brooks "They usually thrive best who meditate most. Meditation is a soul-fattening duty, it is a grace strengthening duty, it is a duty-crowning duty... You may read much and hear much, yet without meditation you will never be excellent Christians."

Do complete last week's session before moving on to this one because now we are going to try to put last week into practice by taking part in a guided meditation. Follow the steps in the outline on the next page. We are going to look at one passage in particular in this session, but you will see that the steps can be followed to help you reflect on any Bible truth. Often jotting down your thoughts as you go, in answer to the questions, can be helpful. It certainly helps me to be aware of my thoughts and to have greater clarity.

**I suggest you take 25 minutes individually to undertake the meditation exercise. Then come back together and use the remaining 20 minutes or so to discuss how you found the process, exploring how you might take what was helpful into your everyday devotions with the Lord. For some this might be familiar territory, for others it might be unexplored country - but I would encourage everyone to give it a go, don't take a shortcut.**

Of course, this is a spiritual work in our hearts and lives and so we need to ask for God's help. Why not start by praying for one another before you begin - then let's go!

**"Blessed is the one ... whose delight is in the law of the Lord,  
and who meditates on his law day and night."**

# Meditation Exercise

## Individual Exercise - 25 mins

Set your  
hope on  
grace

Find a space in the room for yourself and ask God to help you as you spend time reflecting on his word on your own.

Read the passage through slowly a couple of times, lingering on the words as you go.

*"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."*

1 Peter 1:13-16

Now slow down and look at what is there in the passage - the following general questions might help with any passage.

- What does this tell me about the person or purpose or promises of God?
- What does it tell me about God's great salvation in Jesus?
- What does it tell me about loving and serving God?
- What does it tell me about loving and serving others?
- Does it give me any encouragements?
- Does it give me any warnings?

Now take your thoughts so far and make them personal - how does this speak to me and my life at the moment? Be specific; jot down some ideas.

- My attitudes, my thoughts, my feelings, my actions, my life situations.

Now spend time with those thoughts. Take maybe just one of those thoughts - take on small hills rather than great mountains. Spend time asking God to apply that one thought to your situation and life. Try speaking to your 'soul' like the Psalmist did last week.

Take your reflections to God in prayer.

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## Group Discussion - 20 mins

So What

Spend some time discussing how you found the meditation exercise. What was helpful, what surprised you, what did you find challenging?

In what ways is this similar or different from your usual practice? Is there anything here that might help shape your regular devotions with the Lord? What might make that difficult for you?

Now spend some time praying about all you have considered in this session.





# Summer Term Timetable

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## **APCM**

7:30pm 17th April

## **Prayer Meeting Week**

7:30pm 24th/25th April

## **Small Group Session 4.1**

Week beginning 28th April

## **Small Group Session 4.2**

Week beginning 5th May

## **Small Group Session 4.3**

Week beginning 12th May

## **Prayer Meeting Week**

7:30pm 22nd/23th May

## **Half Term Break - Week beginning 26th May**

## **Small Group Session 4.4**

Week beginning 2nd June

## **Small Group Session 4.5**

Week beginning 9th June

## **Trinity Church Fellowship Meeting**

7:00pm St John's Church - 19th June

## **Small Group Session 4.6**

Week beginning 23rd June

## **Small Group Session 4.7**

Week beginning 30th June

## **Kea Fellowship Evening BBQ - 7:30pm 10th July**

**Christ Church BBQ in Groups - week beginning 7th July**

## **Christ Church Prayer Meeting Week**

7:30pm 18th July

support and  
encouragement  
to live for Jesus