

Grow Up

Life Group Leaders Guide

Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

Series Overview

Part of human development is being able to feed yourself. The same is true for spiritual growing up. When we drop the need to be spiritually bottle fed, and grab our own utensils, and become spiritual self-feeders, spiritual maturity is the result. In this series we will look at necessary disciplines that lead to growing up spiritually.

Grow Up Series Schedule

Week	Sermon Date	Topic of sermon and life group
1	1/6	Self-Feeders
2	1/13	Meditation
3	1/20	Prayer & Solitude

The Point Church Life Group Curriculum

Grow Up - Meditation

The Big Idea

Continual meditation on the truth of God's word, in thought, word and deed, leads to spiritual maturation.

Flow of Study

Icebreaker: What is the first thing you think about when you wake up in the morning or the last thing you think about before you go to sleep?

Move #1: Let's begin by unpacking any thoughts that you took away from this weekend's sermon.

1. Did anything stand out to you from the message this weekend? Any insights or questions?
2. What is the difference between reading God's word and meditating on it?

Move #2: Next we'll read through the passage below from Psalm 19 and explore the discipline of meditating on God's word.

Read Psalm 19:7-14 (NIV)

- 7 The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.
- 8 The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.
- 9 The fear of the Lord is pure,
enduring forever.
The decrees of the Lord are firm,
and all of them are righteous.
- 10 They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.
- 11 By them your servant is warned;

in keeping them there is great reward.
12 But who can discern their own errors?
 Forgive my hidden faults.
13 Keep your servant also from willful sins;
 may they not rule over me.
 Then I will be blameless,
 innocent of great transgression.
14 May these words of my mouth and this meditation of my heart
 be pleasing in your sight,
 Lord, my Rock and my Redeemer.

3. What stands out to you from this passage?
4. Describe a time when God's word was refreshing to your soul.
5. What in God's word brings you joy?

Imagine being offered a truckload of gold or a lifetime supply of the most delicious food on earth in exchange for a pledge never to read or hear God's word again.

6. Would you be tempted to take the deal? Why or why not?
7. If God's word is truly more valuable to you than those things, is this reflected in the time you spend with God's word? Why or why not?
8. Have you ever been on fire for God's word at some point in your life? What do you think drove your enthusiasm?
9. How good are you at recognizing your own faults? How can God's word help?
10. David calls his psalm a meditation of his heart. How could meditation help us get God's word from our minds to our hearts?

Move #3: Next we'll read through a short excerpt from Psalm 107 and explore the discipline of meditating on what God has done.

Read Psalm 107:1-3, 43 (NIV)

1 Give thanks to the Lord, for he is good;
 his love endures forever.
2 Let the redeemed of the Lord tell their story—
 those he redeemed from the hand of the foe,
3 those he gathered from the lands,

from east and west, from north and south....
43 Let the one who is wise heed these things
and ponder the loving deeds of the Lord.

The part of the Psalm that we skipped tells the story of God's wonderful deeds for the Israelites and mankind more broadly.

11. Describe a loving deed of the Lord that you heard about in His word that is personally significant to you and worth pondering.
12. Share something from your own life story that God has done that you never want to forget.

Next Steps: The following are things you could challenge your members to do in order to take what you studied in this curriculum further.

- Use the S.O.A.P. method to read and journal on Ephesians this week: **S**cripture, **O**bservation, **A**pplication, **P**rayer.
- Ask if anyone in the group is interested in being in a Core Group and discuss possibilities (new leader training - Jan. 27).

Prayer: End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

Notes and Commentary

(The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them optionally to help supplement your personal preparation.)

J. I. Packer describes meditation as "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 communication with God. Its purpose is to clear one's mental and spiritual vision of God and let his truth make its full and proper impact on one's mind and heart."

In contrast to Eastern meditation, which seeks to empty the mind, Christian meditation seeks to focus and fill the mind with the truth of God. While Eastern meditation puts aside reason, Christian meditation develops the skillful use of reason, considering the works of God and seeking to understand what they mean. Christian meditation also includes the emotions. We focus on God and his Word so much that we feel glad about God's truth, humbled by his law, thrilled with his creation. Christian meditation combines reflection with emotion in such a way as to produce poetry such as the psalms.

Psalms is the book of biblical meditation. Psalm 1:2 describes a godly person as one who meditates: "His delight is in the law of the LORD, and on his law he meditates day and night."

The psalms are meditations by David and other godly Israelites. Subjects of meditation include the law (Ps 119), God's unfailing love (Ps 48:9) and his works (Ps 77:12).

When I meditate on Scripture, the love of God or the works of God, I put myself in a quiet, secluded place where I can become immersed in the things of God. Right now I am studying and meditating in Colossians. Paul describes the glorious benefits that we have in Jesus Christ, our supreme ascended Lord. In Colossians 3:2 Paul calls us to "set [our] minds on things above, not on earthly things." As I meditate on this, I ponder on what "things above" and "earthly things" mean. I consider what life will be like when Jesus comes back and what values of heaven I should be living by in light of his return. I long to be rescued from my selfishness, sinfulness and the circumstances of life that I struggle with while I am waiting.

(Stephen D. Eyre, *Drawing Close to God*)