

PART I: Knowing God Through Meditation and Reflexion

📅 Fecha	@January 25, 2023
📌 Práctica	Conocimiento E Investigación

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

Last week's practice was to pick an area or topic that you know you didn't know what God says about it; and ask and search about that topic.

- Who would like to tell us about that area or topic that you didn't know much about and how you investigating and searching went?
- What do you think is the biggest obstacle to finding out what God says about something we don't know?
- What is the consequence we suffer from not knowing what God says about something?

READ THIS SUMMARY.

Meditation and reflexion are essential parts of an apprentice of Jesus. Knowing who we love and who we serve will take us to the deepest stage of our faith in Jesus.

We are starting a new practice where we will be focusing not only on knowing **about Jesus. But actually getting to know Jesus .**

It is a practice that has the potential to take your relationship to the next step with Jesus, **if you take the decision to actually do it.**

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- What leads you to think this statement from our pastor? The teachings of Jesus encouraged and challenged some to seek the truth, and at the same time hid it from the lazy.

READ THE BIBLE TOGETHER. 7

Psalms 119:15-16

- What do these words have in common; meditate, consider, rejoice, and not forget?
- Do you think it is possible that a person who does not slow down his/her life can carry out these actions?

Matthew 13:19-23

- **Be as honest as possible**, which of these “fields” do you most identify with?
- What could you do in your life that will lead you to become the soil that bears fruit?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Like most practices, this practice is easy to understand and at the same time requires a lot of intention to carry it out. During this practice our level of intentionality will grow little by little.

This first week, it's going to require being intentional in a simple way, for our last week, we're going to be making much more intentional decisions.

Practice.

1. **Step One: read both passages**

- Let's read Psalm 119:15-16 again. This time, in two different versions and a third time in English.
- Now we are going to do the same with Matthew 13:23. Two different versions and in English.

2. **Step Two: photographic memory**

- Now everyone close the bible immediately. Did someone have the ability to memorize one of the verses?

3. **Step Three: memorize in couples**

- Most likely no one could memorize one of the verses the first time (don't feel bad). In order to do so, we have to be intentional. And that is what we are going to do now.
- We are going to divide into pairs and each pair is going to choose one of the two verses and for the next five minutes we are going to memorize it together.
- Use a physical bible and avoid the temptation to be distracted with your cell phone.

4. **Step four: say it**

- A couple of people who can tell us the memory verses.

READ THIS WEEK'S PRACTICE.

As we saw, in order to know Jesus we need to meditate, consider, rejoice, and not forget his word. It was the most specific and clear way in which God allowed us to get to know him better. And like any relationship that we want to grow, it will require two ingredients; **intentionality and time.**

So this week's practice has "two levels." One easy and one intermediate.

Easy: Practice during the week and memorize one of the two verses for the next week.

Medium: Practice throughout the week and memorize the two verses for the next week.

We encourage everyone to do the easy practice. And only the one you want can do the medium one.

IMPORTANT:

This practice has a very important characteristic. It is a very simple practice that anyone, at any age (young or old) can do, but it is almost impossible to do it if you are not intentional.

For the next two months, this practice is going to show us what is really in our hearts; if we really want to know Jesus or not.

It is not with the intention of making us feel bad. But with the intention of showing us, with the help of the Holy Spirit, what soil we really are, and make changes so we can become the fertile ground.

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.