

# PARTE IV: Let's Meditate the Word of God

Fecha @February 7, 2024

## LAST WEEK'S PRACTICE.

Regardless of the number of times you have read the Scriptures, the most important thing is to make sure you practice it. This week's challenge and practice was to obey what the Holy Spirit had guided and shown you in step four of LECTIO DIVINA. In other words, the practice was to obey and not just read the Bible.

- How do you think this practice impacted your week?
- What was your experience this week knowing that the goal was not just to read the Bible, but to put it into practice?
- How have the steps of LECTIO DIVINA helped you to read the Bible in an active and not passive way?

## SUMMARY.

The Bible does not invite us to read it, it invites us to practice and meditate on it. Meditating on it is when we think about it during the day and talk about it to ourselves. But we have two problems that each of us face daily in order to meditate on the words of God. The outside noise that is distracting us. And the inner noise that is taking away God's first place.

## SUNDAY'S TEACHING.

- What did the Holy Spirit speak to you (or got your attention) about Sunday's teaching?

## Salmos 1 (Psalms 1)

- What do you think the author of this Psalm is meaning by these words?
- Why do you think that meditating on the word of God, day and night, will lead you to prosper in everything you do?
- Why do you think this Psalm talks about meditating and not reading?

## PRACTICE AS A COMMUNITY

Our community is built around the idea of practicing Jesus. It is important to go to church on Sundays and listen to the teaching, but if you stay there it is not of much use. In the words of James, "Don't just listen to the word of God; They have to put it into practice. Otherwise, they are only deceiving themselves. (James 1:22)" That is why our goal should not be just to read the Bible, but to put it into practice.

We have been talking for four weeks now about the importance of making an effort in our apprenticing to Jesus, and the last few weeks we have been focusing on the practice of the scriptures. We begin by learning that the Holy Spirit reveals to us what God is saying through the Bible. So that we can put it into practice. And thus, being able to meditate on it during the day.

**First, choose a specific place and time if you haven't already**, where you will be reading and doing LECTIO DIVINA. For most people, first thing in the morning works best. You are rested, fresh and the day is young. For others, a more optimal schedule is when children nap late in the morning, during lunch break, after work/ school, or before bed. Feel free to experiment until you find the right fit

place: \_\_\_\_\_

Time: \_\_\_\_\_

**Next, we are going to identify which external noises and internal noises** are the biggest obstacle in your life to meditating on the word of God. You are going to take a few minutes to reflect on what is an activity that you spend the most time on that is

a distraction.

- Activities such as; phone, social media, always having headphones and listening to music or a podcast, the news, television, video games, text messages, hobbies, etc.

Write down one or two distractions that you identify in your life:

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**Now, you are going to identify the internal noise in your life.** The best way to identify it is to ask yourself the question, what do I think about the most during my days and weeks? You are going to identify what things are idols in your life and are above God. Remember that they can be good or bad things.

- Work or lack of work, your family, a relationship, university, a business, loneliness, etc.

Write one or two idols that you identify in your life:

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**Finally, you are going to create a strategy to change these bad habits for good habits.** If you don't change these habits for good ones, it is very difficult for you to leave the bad ones. So make sure you do the creative and slightly difficult work of thinking about how you can meditate on God's word throughout the day.

Looking at the two previous steps, ask the Holy Spirit for creativity and help and identify what you can replace them with.

- Some ideas are: If it is your phone, set a time limit and change it to reading a book that helps you meditate on Jesus. When you are eating, instead of being on your phone, you can read the Bible or review the verse that The Holy Spirit highlighted for you during your reading. You can listen to the Bible for part of the day, instead of just listening to music or podcasts. You can keep a notebook or cards in your pocket with the verse that stood out to you in your reading and review it throughout the day. You can put a verse as wallpaper on your phone. Or, you can make a "game" for yourself, that before watching a movie or playing video games, you first have to read the Bible. Or you can have a contest in your family to be more consistent in reading the Bible during the week. At dinner, you can talk about the verse that stood out to you that day (and if you're single, invite one person each week to your house for coffee and read the day's passage together)
- For things that are idols, setting limits may work best; I won't think, talk, or respond to work messages after a certain hour. I'm going to learn a verse about trusting God, and every time I worry about not having work or being anxious about something at school or life, I'm going to repeat that verse. Instead of reading a book or listening to a podcast about business, or exercise, or something else, I'm going to read a book on how to read the Bible. The last thing I'm going to do of the day is read a Psalm. Or before looking at work messages, or checking my email, or just looking at my phone, the first thing I'm going to do is read the Bible and do LECTIO DIVINA. I'm going to read the generations reading plan with my family. We will practice the Generations Memory Verse at dinner every day.
- These are just ideas to spark your creativity. You can take one or two of these ideas, or create your own. The most important thing is that you are intentional.

Write one or two idols that you identify in your life:

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### **THIS WEEK'S PRACTICE**

This week we want to be intentional about meditating on the word of God, paying attention to the external and internal noise in our lives, and replacing it with habits and practices that help us keep God present in our minds.

**You are going to pay attention to your habits this week**, and notice if what you wrote was your external noise actually is, or if you need to add or change something else that is distracting you. Make a list of the biggest distractions in your life. Pay attention to the small, and consistent things you do throughout the day.

**Second, you are going to pay attention to what you spend the most time and thought in.** Take note and analyze your daily and weekly schedule, and your mind. What do you spend the most time doing? What do you think about most?

**Finally, you are going to put the strategy you wrote into practice.** Start putting the new habit into practice. Don't focus on doing it every day or whether you're doing it right. Just focus on starting to do it, even if it's just a couple of times during the week.

**And remember**, the basis of all this is the active reading of the word of God. That is, to do LECTIO DIVINA so that you fill your mind with the words of God and you can repeat them and meditate on them during the day.

Next week, we will take the time to listen to how we put into practice what The Holy Spirit told you during the week.