

*Growing together in the*  
**Spiritual Discipline**  
*of*  
**Meditation**

**Our Monthly Discipline**

**Sunday, November 2, 2008**

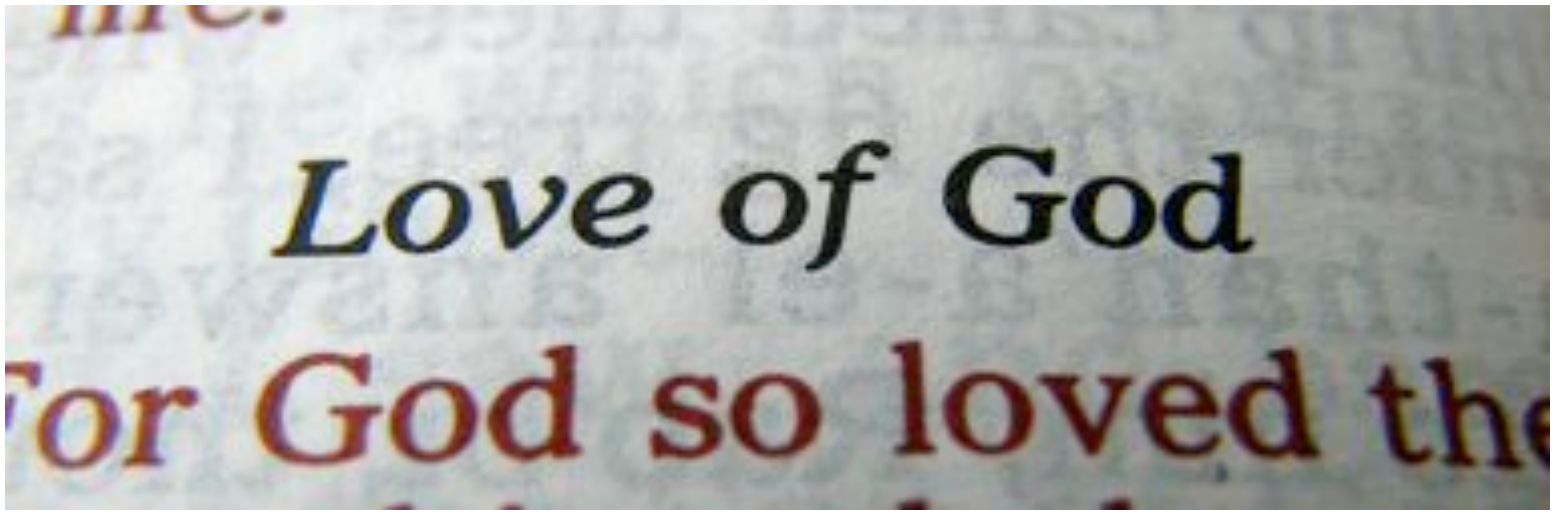
Each month we as a church perform a spiritual discipline. Last month we worked on our Devotionals. If you did not email your devotional to [admin@onechurchhome.org](mailto:admin@onechurchhome.org) make sure you do so as soon as you can. This month we are moving into meditation. Meditation on Scripture is a vital key to a success life. This success is both spiritual and physical. Two of my favorite Scriptures are Psalm 1 which reads that a man or woman who meditates on the Scripture will become prosperous and successful. Also in the book of Joshua 1:8 it reads that God commands Joshua to meditate on the word and he will grant him success. **Meditation is essential to success.**

So what is Meditation? Most of us think of a someone sitting in an empty dark room with his or her eyes closed, arms folded in complete silence. That is not the case. God commands us to meditate or to "think about" or "dwell on" or "memorize" His Word. **God wants you to memorize Scripture.** Memorizing Scripture is the most effective discipline in spiritual growth. Memorizing Scripture is not hard, but it takes concentration. This month we will memorize 7 verses. Our pastors have selected these verses which emphasize our current series, C.E.O. (Currently Elevated Over).

**Instructions:** Select 7 Verses listed on the back to memorize. When you are done email me [duane@dsmanuel.com](mailto:duane@dsmanuel.com) to let me know you finished. Also let me know how this discipline helped you and I might quote your response in the next newsletter discipline.

**Tips for memorizing Scripture**

- First recognize that God wants you to memorize Scriptures.
- Recognize that God created your brain for the purpose of memorizing Scripture.
- Be positive about memorizing Scripture.
- Recognize that we can memorize a lot of things, Phone numbers, songs, long parts in plays, football scores, etc. So all of us have the ability to memorize.
- Concentration is more important than repetition. Repeating the scripture 3 times slowly and thinking about every word and what it means is more important than reciting it 30 times without concentration.
- The best way to improve your concentration is not to watch television for the week. Television trains our minds not to concentrate on anything for more than 2 sec. (Watch a commercial and count the number of times that the camera stays on one picture before it makes a "cut" between scenes.)
- Try to memorize your Scripture, early in the morning and right before you go to bed. Try to recite it in your mind when you are in the bed.
- Read each word very slowly. Focus on what the Scripture is saying and what it means. (When I memorize a Scripture I actually spend 5 secs concentrating on every single word!).
- Repeat the Scriptures every day. This will move the memorization from your short-term memory into your long term memory.
- Look up the Scriptures and read the complete paragraph to make sure you understand it.
- Try using word pictures, visualize objects that represent the words in a sequence.
- Go grab your favorite beverage like coffee, tea, or a smoothie when you memorize. This will help you relax and enjoy the process
- Say the Scripture out loud. Speaking it and hearing your own voice will help you greatly.
- Write the Scripture from memory, this will help solidify it into your mind.
- Give yourself an inexpensive incentive for memorizing the Scriptures (Make a game with rewards if you have children).
- Most importantly, know that this is one of the best ways that you can show your love to God by spending time with Him doing what He loves. Because we live for an audience of ONE.



**Choose 7 verse out of the following to memorize.**

**I Samuel 15:23**

For rebellion is as the sin of divination, and presumption is as iniquity and idolatry. Because you have rejected the word of the LORD, he has also rejected you from being king."

**Amos 3:3**

Do two walk together, unless they have agreed to meet?

**Psalms 91:1-2**

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."

**Romans 13:1-2**

Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment.

**Ephesians 6:1-3**

Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land."

**Ephesians 5:25 & 27**

Husbands, love your wives, as Christ loved the church and gave himself up for her, that he might sanctify her, having cleansed her by the washing of water with the word 27 without spot or wrinkle or any such thing, that she might be holy and without blemish.

**Philippians 4:8**

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**Hebrews 13:7 & 17**

Remember, your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith. 17 Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

**I Peter 3:7**

Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

**About Spiritual Disciplines**

Spiritual disciplines are disciplines which means they will never come easily. Spiritual disciplines are designed to disrupt our lives from the usual day-to-day to reorient us back towards Christ. If the spiritual disciplines seem difficult, you are on the right track to experiencing a deeper intimacy with God through the Spirit by the access granted through our Lord Jesus Christ.

Cautions when embarking on spiritual disciplines:

Our spirituality is not determined upon the disciplines we perform. Spiritual disciplines are not an ends to our spiritual walk, but a means or a tool by which we can draw near to God.

Spiritual disciplines are not a substitute for obedience. God desires that we are obedient in the things He has asked us to do, found in His Scriptures more than our self-determined sacrifices. He does not find satisfaction in our substitution of physical disciplines for obedience to his clear commands in the Scriptures.

Spiritual disciplines must always be taken with a heart of humility. It would be sorrowful to allow a spiritual discipline to become a source of pride. This would defeat our purpose. In the book of James it reads, "God opposes the proud, but he gives grace to the humble." (4:6 NET)

**Have a heart to see people grow in Christ?**

If so then the Partner Ministry is the place for you. Contact:

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