



Meditation

Meditation is a practice in which an individual uses a technique- such as mindfulness (is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training) or focusing the mind on a particular object, thought, or activity- to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Steps to Meditate

1. Pick a Time- choose a time to do it each day and try to stick with it.
2. Choose a Spot- just find a comfortable position w3here you can sit and where you won't be too distracted.
3. Get your Gear- bible, notebook, pen and a comfortable place.
4. Bring a good attitude- the intention should be to bring a more compassionate calm and accepting approach to whatever happens.
5. Common hurdles- when we begin meditating, it's all too common to beat up on ourselves. Remember the purpose of meditation isn't to enter a bliss state or eradicate all thinking.
6. Sleepiness- many people get sleepy when they try to meditate.
7. Restlessness- we're so used to keeping busy, that meditation can seem boring at first. Try focusing on every specific sensation, like the outbreath.
8. Pain- you may feel pain when you begin to practice meditation for longer durations.
9. Fear- panic or fear may arise.

Scripture: II Corinthians 7

Main precept: (a general rule intended to regulate behavior or thought) Precepts give joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The ordinances of the Lord are sure and altogether righteous. Precept exists to engage people in relationship with God through knowing His Word, using the Precept Bible Study Method.

Five methods of Bible Study:

1. Observation
2. Interpretation
3. Application
4. Bible Study
 - A. Book-by Book analysis of the message
 - B. Verse by verse method

- C. Study that seeks a biblical solution to a specific life problem, biblical satisfaction for a specific need, or a biblical answer to a specific question.
5. Character Study
 6. Topic Study (faith, love, second coming and others)
 7. Word Study
 8. **Inductive Bible study** is a method of studying the Bible that allows you to discover for yourself what Scripture says, what it means, and how to apply its truths to your life.
 9. The **four types of Bible study** include biblical theology, historical theology, systematic theology, and practical theology.
 - A. **Theology** is the study of God, God's character, God's actions in relation to the cosmos, and especially God's relationship to humanity in its responsive relationship to God within the panorama of the world and history, space and time.
 - B. **Biblical Theology** is the focus on the specific ways that the discreet and unique authorial voices in Scripture reflect on the larger questions of theology and the relationships of actions and activities between God and human creatures. Biblical theology is undertaken by persons who are formed and practiced by their Christian faith account for the historical currents which feed and flow in and through Scripture and do so with full awareness of how the particular voices in Scripture rise together as a canonical choir, coordinating together in ways that are ultimately reflected in dogmatic theology.
 - C. **Historical Theology** is undertaken within the practices of faith, paying specific attention to all the movements of human history from the perspective of biblically informed views of space and time, accounting for the dynamic movements of dogmatic theology and the practices of the Church.
 - D. **Systematic Theology**- the practices and reflections of systematic theology take up the canonical currents of Biblical theology, appropriating the theological voices of history. It does so with the full consciousness that dogmatic theology serves the Church as the people of God in her efforts to live and act faithfully in relation to her Creator, and Lord and Savior in the power of the Holy Spirit. Dogmatic theology's goal is forming practiced faithfulness.
 - E. **Practical Theology** begins with the full consciousness that all the practices of the church and Christians are underwritten by theologies; biblical, historical and systematic. The goal of practical theology is to reflect intentionally on present practices and their ingredient theologies in order to critically discern their shape and character so as to deeper faithful practices, correct those which are sinful, and discern with greater clarity how to live out biblical Christian virtues.

Scriptures:

Hebrews 6

Psalms 119

Psalms 51

Psalms 91

Psalms 84

Psalms 40

II Corinthians 7

Read the whole chapter.

Meditate on verse where you stopped.

Pray over the verse.

What did you say to God?

What did God say to you?

How does this scripture affect your life?

What are you going to do about it?



How is the Holy Ghost speaking to your heart?

Are you going to rest in the knowledge or act on it first in you and then in your ministry?

