

*Going Deep:*  
The Spiritual  
Discipline of  
Meditation

Defined: Meditation is taking time to focus on God, His character, His nature, and His word so that we can better respond to Him.

**Going Deep Training**

## **Discipline: Meditation**

**What it is:** The ability to hear God's voice and obey His word. It is filling our mind with God's thoughts, and attaching us to Him mentally and spiritually. Meditation is not checking out from the world. Rather, it is preparing us for the world. It is listening, reflecting, and ruminating on God's word (Psalm 119:97, 101,102).

**What it is not:** Eastern meditation where the goal is to empty the mind, lose personality, and detach self from the world

### **Pre-training attitude question:**

A. When you think of meditation what is the first thing that comes to mind?

### **Scripture Readings:**

**Take time over the next few weeks to read the following Scripture regarding Meditation**

Exodus 24:15-18 --The glory of meditation

Acts 10: 9-20 --Gaining insight from meditation

Palm 1: 1-3 --Focus of Meditation

I Kings 9:9-18—Receiving comfort from meditation

### **Teen Training activities:**

**Take the next few weeks and focus on developing the discipline of Meditation.**

**Choose one or more of these areas to focus on in your training.**

**HOME:** What area at home are you struggling with? Is it conflict with parents or a brother/sister? Is it a specific temptation or sin? Choose a Bible passage that specifically relates to this area. Write out the key verse from the passage and put it on a note card. Think about how it applies to your situation. Read the passage every day for two weeks. Memorize the verse. Keep it in your pocket. Pull it out and look at it a few times a day or put it in a place where you can glance at it during the day. Ask God to help you better understand the person or situation. Ask Him to change you. At the end of your time, journal about your experience.

**SCHOOL:** What area at home are you struggling with at school? Is it conflict with a teacher or classmate? Is it a specific temptation or sin (issues with the tongue, pride, language, perfectionism, laziness, etc.)? Choose a Bible passage that specifically relates to this area. Write out the a key verse from the passage and put it on a note card. Think about how it applies to your situation. Read the entire passage/verse every day for two weeks. Memorize the verse. Keep it in your pocket or tape it to your agenda/day planner. Read it a couple of times a day. Ask God to help you better understand the person or situation. Ask Him to change you. At the end of your time, journal about your experience.

**NEIGHBORHOOD:** What area at home are you struggling with at after-school or in your neighborhood? Is it conflict with a coach or neighbor? Is it a specific temptation

or sin (issues with the tongue, pride, language, perfectionism, laziness, etc.)? Choose a Bible passage that specifically relates to this area. Write out the key verse from the passage and put it on a note card. Read the entire passage/verse every day for two weeks. Memorize the verse. Keep it in your pocket or tape it to your agenda/day planner. Read it a couple of times before you have contact with them. Ask God to help you better understand the person or situation. Ask Him to change you. At the end of your time, journal about your experience.

### **Further training activities on the Spiritual Discipline of Meditation**

1. Set aside time daily to reflect on God's word. Find a quiet place to do it, away from noise and distractions.
2. Focus on one passage verse for extended period of time (e.g. one week). Ask, "How does this apply to my life?"
3. Read passage every day for a week. Ask God to teach you.
4. Insert your name in the verse. "Blessed are you, John, if you are poor in spirit, for the kingdom of heaven is yours. Blessed are you, John, when you mourn, for you will be comforted."
5. Note your greatest weakness. If you don't know what it is, make it your goal to found out this week. Make specific steps to strengthen that area through prayer and memorizing passages that relate to that weakness or a biblical truth.
6. What lies are being told to you by Satan? Does he tell you that you are unloved or can handle things on your own? Does he tell you that others hate you or that you are stupid, ugly, or otherwise useless? Find specific biblical truths to combat the lie. Write it out. Memorize it. When the negative thought comes, ask yourself if it is coming from God. If not, use God's word to combat it.
7. This week meditate on the talents and gifts God has given you. Ask yourself if you are making the most of them? Ask God to give you opportunities to use your gifts to honor Him.
8. Reflect on the awesome deeds of God and the attention He has paid to you. Write them down. Turn them into a Psalm of Praise.
9. Meditate on the things you feel you "have to do"(go to church, school, homework, chores, service, etc. Do you do them because of a sense of duty? "Turn the meditation into a prayer and ask God to turn your 'have to's to want to's. Ask God to give you a desire to do His will.
10. Meditate on how much God loves you this week. Meditate on how much you depend on him every day, even in the smallest way. Celebrate your relationship with God today.
11. Meditate on Psalm 104:1-13 this week. This about His Creation. As you go about your day, observe God's Creation around you and praise Him for it.
12. Monitor the inner talk in your mind for 15 minutes. Observe it without judgment. Journal about what you learned.
13. Practice Lectivo Divina, which is an ancient way of praying the Scriptures. See [www.valyermo.com/ld-art.html](http://www.valyermo.com/ld-art.html) for details.

Name \_\_\_\_\_ Per \_\_\_\_\_ Section \_\_\_\_\_ Date \_\_\_\_\_

## Grading Component

### Key reflection questions:

A. What are the busy things in your life that may keep you from thinking about the things of God? What can be done to remedy it?

B. What were some of the biggest challenges as you trained in this area?

C. What was one thing you observed and learned about yourself during your time of meditation?

### Training effort Self Check:

	Excellent	Good	Satisfactory	Below average	Incomplete
Training activities	5	4	3	2	0
Questions answered	5	4	3	2	0
Journal paragraph	5	4	3	2	0

### Choose one that best describes your experience with the Spiritual Discipline of Prayer.

\_\_\_\_\_ Yes. I made the extra effort to regularly apply the tools learned from the Spiritual Disciplines unit on Meditation.

\_\_\_\_\_ Sort of? There were times when I made the extra effort to apply what I learned, but for the most part I did not use the tools learned from the Spiritual Disciplines unit on Meditation.

\_\_\_\_\_ No. For a number of reasons, I did not make any extra effort to use the tools learned from the Spiritual Disciplines unit on Meditation.

Remember: This is training. You are working on the process not perfection. Don't get discouraged. Keep training! Keep your attempts small but consistent.

\*\*\*Please turn in this sheet, along with your answers to the Key Reflection Questions and your journal paragraph describing your experiment with the discipline.