

Internalizing the Word

January 17, 2021

Psalm 1:1-3, Psalm 119:11

'Connecting' Questions:

- 1) How much time do you estimate that you spend on social media on an average day?
- 2) Are you much of a reader? What have you read recently that you would recommend to others?

'Applying the Word' Questions:

- 1) We've probably all heard the phrase, "you are what you eat." Discuss how that applies to what we 'consume' through social media, television, and what we read. How does our media 'diet' shape our opinions and beliefs?
- 2) In light of how you answered the previous question, why do we need to be regularly filling our minds with God's Word? Are you doing anything new in 2021 to more intentionally fill your mind with Scripture?
- 3) Refer to the "Hand Illustration" either from the Jan. 17th sermon or in the recent blog-post on Calvary's website. It shows the five methods of filling our minds with Scripture: hearing, reading, studying, memorizing, and meditating. Meditation has been said to be the "thumb" of the hand, because each of the other "fingers" (methods) work so much better together with the "thumb." What do you think that means? How does it encourage us to intentionally meditate on Scripture?
- 4) Read Psalm 1 together. Discuss why the Psalmist sees meditating on God's Word ("law") is so important. What encouragements does the Psalmist give to those who do this?
- 5) Can anyone in the group share some helpful ways they've learned to meditate upon God's Word? (Have as many people share about this as time permits.)
- 6) If time permits, consider reviewing together Pastor Dan's *List of Resources for Scripture Meditation* posted on the Calvary website and discussing them as possible resources for getting started in meditating on God's Word.