## Wednesday Sermon Outline – February 25, 2015 \*\*Christian Meditation\*\* Psalm 119:97-104; Mark 1:35-39

| <ol> <li>The classic Spiritual Disciplines of the Christian Faith         <ul> <li>The Inward Disciplines: Meditation (2-25), Prayer, Fasting (3-4), Study</li> <li>The Outward Disciplines: Simplicity (3-11), Solitude (3-18), Submission, Service</li> <li>The Corporate Disciplines: Confession, Worship, Guidance (3-25), Celebration</li> </ul> </li> </ol>   | 39)   |
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| <ul> <li>2. The regular practice of these disciplines brings three benefits: <ul> <li>We will more deeply and intimately.</li> <li>We will experience to live more obediently to God's values, which is the way a Christ follower wants to live.</li> <li>We will experience authentic that brings the deepest joy.</li> </ul> </li> <li>3. Parable of the seed: Each time we practice one of the Spiritual Disci-</li> </ul> | What do we learn about meditation from the earliest Christians?               |
| plines we arewhere God will do his work in us and grow us into the "image of his Son."  4. Christian meditation isGod's voice and obeying his word.  • What kind of prayer is meditation?  • Can I hear God's voice? What is a misconception about Christian meditation and what is the truth?  |   |
| <ul><li>5. Meditation is all through the Bible.</li><li>• What is taught in Psalm 119:97-104 about meditation?</li></ul>  | 6. What did you hear from God in the guided meditation based or Exodus 3:1-4? |
|   | 7. Next steps:  |

• What do we learn from Jesus' example of meditation? (Mark 1:35-