

BUILDING A RESILIENT FAITH | Bible Reading + Meditation

SMALL GROUP STUDY | EASTSIDE CHRISTIAN CHURCH

WEEK 3: Building A Resilient Faith | Bible Reading + Meditation

- When we think about a resilient faith, how does engaging in scripture reading fit in with that for you and in your stage of life?
- Has there been a season where you increased or decreased the time you spent reading the Bible? What was the impact on your life? How did you experience that?

Play the Teaching Video for Week 3.

- Share reflections from the video. Watch the [video here](#).
- Here is the [link to the YouTube](#) video.

Discussion Questions

- Read [Psalms 77:11-12](#). What three things Asaph writes he will do as he seeks God..
- Read [Psalm 62:5](#). Meditation requires a measure of discipline to sit quietly before God. If we are convinced of the value of meditation, we must prioritize it in order to provide a foundation for discipline. Share your biggest struggle to sitting quietly with God. How can you prioritize it this week?
- Read [Ezekiel 36:26](#). How will meditating on scripture
- Read [1 Corinthians 2:12-13](#), [Ephesians 1:18-19](#), and [Psalm 119:105](#). Illumination is letting the Holy Spirit show me the meaning of God's Word and how to apply it to my life. Have you let the Bible shine a light on your life? Share how it has changed you.

Prayer

Share how you can be praying for each other this week.

Spend time praying for the discipline to be silent and meditate on God's word.

Going Deeper | Put In To Practice

These activities are designed for you to explore different methods of the weekly practice. Pick one or two to try this week.

- Start with reading a Proverb every day this week. Just pick the chapter that corresponds with the date. So if it is the 24th, read Proverbs 24. If it works for you, keep repeating that plan for a while, reading through the Proverbs.
- Read [2 Timothy 3:16-17](#) straight through, and then think about what God might be saying in them.
 - Read just verse 16, focusing on the phrase God-breathed. Think about what it means for scripture to be God-breathed. Pause and listen for anything God might want to reveal to you.
 - Read just verse 17, focusing on the phrase “servant of God.” Think about what it means to be a servant of God. Pause and listen for anything God might want to reveal to you.
 - Thank God for His promise to thoroughly equip you for every good work as you engage with Him in His word. Ask Him to help you meditate on His word throughout the day so that Scripture begins to come to mind.
- Lectio Divina (Divine Reading) was introduced in the sixth century by Saint Benedict and his followers. This form of meditation and prayer comprised several steps by which they focused on a particular text, thinking about it from various angles, pray with it, to draw out God’s message to them through that passage. Try this modified form of Lectio Divina can help you absorb the important teachings of a particular text.
 - Silence - Take time to be silent as you prepare to communicate with God. Invite God’s help as you enter this time.
 - Read- a short passage of Scripture aloud several times slowly. Let the words sink into your soul.
 - Meditate - Write notes about what you see in this passage. Make connections between the various sections. Ask yourself, “What do these words from God say?” “What do they mean?” Place who you are and what you do next to this passage and ask God to examine you.
 - Pray - read the passage phrase by phrase, responding to God after each phrase or vers.
 - Contemplation - wait in silence asking God to bring to mind anything in your life that you need to align to His will.
 - Live It Out - what should you believe, think or do as a result of this passage. Make notes about how you will bring these words into your current practice. What precisely ought you to be believing, thinking, and doing as a result of this passage? Make notes about how you hope to bring these words from Jesus into your current practice.
- Pick a verse to read and in solitude ask the Holy Spirit, what does this mean? What does it mean to me? How can it make a difference in my life? How am I supposed to

use this today? Sit quietly, listening to what God might have to say to you. End with a time of prayer.