

# Paradigm Discipleship

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*The purpose of this resource is to provide some guidance for you as you encourage your disciple to develop a strong devotional relationship with God.*

*The following resource is a guide that provides some basic structure to developing a study on scripture memory and meditation.*

*We encourage you to do your own study, using this resource as a guide, to develop a learning experience for you and your disciple that will help you both move deeper in your understanding and experience of internalizing the Word of God.*

## **Internalizing the Word**

Opening question: Have you ever come into contact with, or do you know personally, somebody who makes it a habit of memorizing scripture?

- \*Hopefully your disciple can think of at least one person.
- \*Ask them to describe what kind of person they are; their character; their values; etc.
- \*The aim of this study is to help your disciple value and then habitually practice memorizing and meditating upon scripture. Be prepared yourself with examples of people in your life who practice these things. Describe for your disciple the effects that you see in a person's life who is internalizing the Word.

Follow up question: What do **YOU** think the benefits of memorizing scripture are?

- \*The sky is the limit here; be creative and help your disciple brainstorm all the possibilities.
- \*Always have the Bible with you (in your brain).
- \*Confidence that you are speaking the truth in a conversation (whether witnessing or encouraging).
- \*The Word in our hearts helps us battle temptation.
- \*Increases our ability and likelihood that we will obey the Word in our lives.
- \*Advances our relationship with Jesus.

Study Question: Read Psalm 119:9-11. Discuss the implications of hiding the Word in our hearts.

- \*What does it mean to keep our way pure?
- \*Can you and your disciple think of verses that talk about wisdom that are similar to verse 10?
- \*William Penn once said, "True godliness does not turn men out of the world, but enables them to live better in it and excites their endeavors to mend it."
- \*We are called to be in the world, but not of it. Hiding the Word in our hearts helps us to live out this reality

The key to effective scripture memory is to have a system that involves review, and to have accountability to follow through. Any system will work, as long as you practice.

Transition Question: How does a person take what they have memorized and allow it to transform their life?

- \*Lots of good possibilities. What we want to start talking about is meditation.
- \*The act of thoughtful reflection.

Study Question: Read Joshua 1:7-8. God told Joshua to meditate on His law day and night. What do you think that looks like?

- \*What does your disciple think meditation is?
- \*Comparison verses: Psalm 1:1-3; Psalm 119:97-99.
- \*How often should we meditate on God's Word?
- \*What exactly happens during meditation?

\*What is the result of meditation?

## How do we meditate?

\*Brainstorm with your disciple concerning what Christian meditation might look like. Here is some help for you (some of this from the meditation chapter of Foster's book Celebration of Discipline):

\*Psychiatrist Carl Jung once said, "*Hurry is not of the Devil; it is the Devil.*"

\*It often means to listen carefully to God, reflect thoughtfully on God's work, rehearsing in your mind God's deeds or character, thinking deeply about God's law.

\*Essentially, what is important is changed behavior that flows from changed character which happens in our encounter with the living God.

\*Repentance and obedience are critical features of any Biblical understanding of meditation.

\*Andrew Murray once said, "*It is only by continually fixing the mind for a time on one of the lessons of faith, that the believer is gradually helped to take and thoroughly assimilate them.*"

## Reflection Question: What would your life look like, or how would your life change, if you were in constant contact with God?

\*Really reflect on this with your disciple. Talk about all the areas of your lives and what the impact would be.

\*Christian meditation, as opposed to Eastern meditation, is very simply the ability to hear God's voice and obey His Word.

\*Again, from Foster's book, he states, "*...in meditation we create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart.*"

## Some helpful hints to get you started:

\*Christian meditation centers on internalizing and personalizing the message of God's Word:

\*Pray and think carefully about each part of the verse or passage.

\*Use your imagination and actually put yourself in the scene of the verse or passage if possible.

\*Ask questions of God like, "Help me to understand more about what this verse means," and "What do you want to say specifically to me today through this verse?"

\*Start small and build up the ability to hold yourself in quiet reflection.

\*The only real way to learn how to meditate is to do it. Books and Bible studies can only really inspire you to try.

\*Don't get discouraged, if you fall out of the habit, pick it back up again.

**\*\*IMPORTANT NOTE\*\*** Now that you have covered this topic with your disciple, you should covenant together to begin a life-long habit of memorizing and meditating upon scripture. Each week you should each be able to discuss verses you are memorizing and Bible truths or passages that you have been meditating upon that week. This will take time to develop, persevere and you will both reap tremendous fruit in your lives.