



PART 1: *Eme* WITH SELF

WEEK 1: MEDITATION

WARM UP 1: In your own words, describe the human longing for “wholeness”. How “whole” do you feel?

WARM UP 2: What do you know about Eastern spirituality & meditation (i.e. practices from Buddhism and Hinduism)?

1. Read Matthew 11:28 and John 11:47. Jesus promised peace and rest. How might this be different from the “inner peace” people seek through Eastern meditation?
2. Read Ephesians 3:19 and 5:18. The Bible talks about being “filled” by God, whereas Eastern meditation generally speaks of being “emptied”. What is significant about this difference?
3. Read Psalm 19. This is a meditation on God by King David. What is unique about this kind of Jewish/Christian meditation?
4. Isaiah 26:3 says: “You will keep in perfect peace, those whose minds are fixed on you, because they trust in you.” Why don’t you try to memorise this verse this week and meditate on it?!

PASS IT ON: Who in your life needs to hear this truth?