

HOW (AND WHY) TO MEDITATE ON GOD'S WORD

Ephesians 3.14-21 // January 28, 2024

WE HAVE WHAT WE NEED

We have already been filled with the Spirit when we were born again. We have access to every spiritual blessing in the heavenly realm. We have the ability to go deeper, wider, and higher, yet we are often spiritually dry and empty.

We have access, but we don't take it. The problem is not God withholding or denying us anything; the problem is us. We are like adopted orphans who have the inheritance of our new family, yet continue to live as orphans. But why do we continue to live this way?

CONTINUOUS PARTIAL ATTENTION

Consider these facts about the bible compared to other writings:

- The average person touches their phone 2600 times per day.
- They engage in 76 sessions on their phone, about 145 minutes per day.
- They unlock their phone 80 times per day (once every 10 to 12 minutes)
- And yet, just 15 minutes per day would cause us to read 30 books in a year.

**But hurry...and busy... is the enemy to spiritual growth.
It is the death of prayer and only spoils our work.
It never advances it.**

-Walter Adams (C.S. Lewis' spiritual mentor)

2 Corinthians 3.17,18 // Matthew 11.28-30

BREATHING IN, BREATHING OUT (SLOWLY AND DEEPLY)

Meditating on the Word of God requires that we go slow. We breathe in God's Word, filling our spiritual lungs with the truths entering in through our eyes and into our minds and hearts.

"To meditate" literally means "to mutter." Consider the truths and then:

- Ask questions and ponder.
- Preach to yourself and declare and proclaim truths to yourself.
- P.R.A.Y. the Word of God.
- Pray it for others.

We don't slather food on us; we take it in and digest it.

Psalm 1.1-4 // Joshua 1.8 // Psalm 119.27 // Psalm 143.5, 6 // Jeremiah 15.16

**The Word isn't received as it flits about in the brain.
But when it takes root in the depth of the heart.**

-John Calvin

NOTES:

Hebrews 1.3

He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power.

Announcements:

Community Group Signups: Signups for our Spring Community Groups will be held on the today and next Sunday, 1/21. Sign up at the Connect Table or using the QR Code, below.



<https://bit.ly/304GZeF>

This Week's Call to Worship Psalm:

Psalm 99: 1-5

This Week's Scripture to Memorize:

Romans 11:33

Oh, the depth of the riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable his ways!

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at amber@lifemission.tv**

JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at tyler@lifemission.tv**

Contact Us

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CONNECT WITH LMC



Point your smart phone camera at the QR Code to access a virtual Connection Card

MAILING ADDRESS:

Life Mission Church
420 Twin Oaks Valley Rd., #908
San Marcos, CA 92079

COMMUNITY GROUP HOMEWORK

Open the evening by reading the **Call to Worship Psalm** and reciting the **Memory Verse** together. Then pray the **Psalm** and the **Memory Verse** to open discussion.

Read **Ephesians 3.14-21**. What stands out in these passages and from Sunday's sermon?

Preaching the Gospel to Yourself

What is the hardest thing about prayer for you? It's okay to be honest even if you know your excuses are terrible! This is why we are together, and we can help each other face the right direction. What Gospel truths help you to not have shame, but rather to have hope and faith that can motivate you towards a deeper and fuller walk with Christ?

Your Life Mission

We can talk about our life mission and our desire to see friends know Jesus, but if we ourselves aren't first walking in the riches of Christ, learning to be dependent on Him and being empowered by Him, our work will largely fall flat and be in vain. Our life mission, first and foremost, must be to enjoy Jesus and behold Him, cherishing Him in our hearts and minds. Pray for each other tonight. Pray for a deeper longing for Him; pray for accountability and discipline as you learn to slow down and quiet your heart, taking Him in and savoring Him, breathing in and breathing out. Do this by practicing praying Scripture over each other.

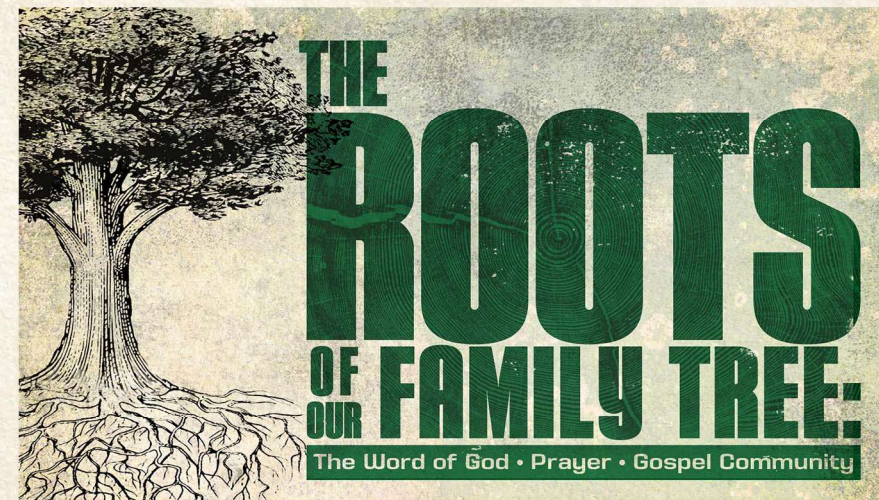
End the evening in a time of prayer, praying through the theme of the night using the P.R.A.Y. model with your group. Pray for these people you have mentioned and for your heart and plan as you pursue them in love.

- **Preaching the Gospel to Yourself (Matthew 6.9, 10)**
 - Always begin your time of prayer focusing on God's goodness, who He is, and what He has done for us. Pray truths from this week's text.
- **Repent and Confess (Matthew 6.12)**
 - Confess any particular sin that prevents you from walking out what God calls us to in the text, or any other particular sin you are wanting to fight. Ask Him to help you have strength to repent and run towards Him.
- **Ask for Provision (Matthew 6.11-13)**
 - Ask God for new perspective and for the things that you need. Once our hearts are fixed on Him, we can ask Him to help us with our needs. When your heart is begin filled with the Gospel first, your asking will be far more in line with God's desires and will. Ask Him to work in the relationships in your life that you are hoping to share God's love with.
- **Yield with Thanksgiving (Matthew 6.10)**
 - End your prayer by giving God thanks for His faithfulness and ask Him to help you trust and yield to His work and ways.



LIFE MISSION
C H U R C H

MAKING DISCIPLES WHO MAKE DISCIPLES LOCALLY AND GLOBALLY,
WHO ARE SAVED, EQUIPPED, AND SENT BY THE GOSPEL.



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SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

GET TO KNOW MORE ABOUT US ONLINE

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