

MEDITATION



WAYS TO USE THIS CUE

1. IN THE CARE | Pick a few questions or quotes to spark conversation.
2. 1 ON 1 | Take your teen to breakfast use it as a guide for discipleship.
3. AS A FAMILY | Lead the whole family thru "PLAY/SHARE/DISCUSS/PRAY."
4. DO YOUR OWN THING | You know your teens, adjust it to fit their level and needs.

SHOULD CHRISTIANS MEDITATE?

THE TEXT | *Ephesians 3:14-19; Psalm 1:1-3; Philippians 4:8; Hebrews 4:12; Revelation 3:20*

PLAY | Where's Waldo or Puzzle Time | Break out an activity where you study or search out something together. A quick google search will provide numbers of Hidden Picture Puzzles, Word Searches, or if you have the time, do a puzzle together as a family. **LEAD IN:** Notice how this activity involved careful reflection, study and time to discover or complete. God's Word is like that too. We call that meditation.

SHARE |

- What is something you really had to study to understand?

DISCUSS | Read **Psalm 1:1-3** or **Philippians 4:8**

- What stands out to you?
- What does it reveal about God?
- What does this tell us about our nature?
- What do you like/dislike about this verse?
- What do you need to do about this truth this week?

Use the above questions to discuss any of today's Scriptures.

PRAY |

Take turns praying Eph 3:14-21 for each other.

WHAT IS ...

MEDITATION?

LET'S TAKE A CLOSER LOOK ON HOW TO READ SCRIPTURE.

READ

- CONTEXT
- ASKING GOD FOR UNDERSTANDING
- LISTENING AS WE READ

MEDITATE

- PSALM 1:1-3
- HAGAH: TO MUMUR; TO PONDER, IMAGINE, MEDITATE, MOURN, MUTTER, SPEAK, STUDY TALK.
- ISAIAH 31:4
- PHILIPPIANS 4:8
- HEBREWS 4:12
- REVELATION 3:20

PRAY

- CALLING PRAYER VS ANSWERING PRAYER

DISCUSS THIS IDEA

CALLING PRAYER VS ANSWERING PRAYER

What does this mean?

What can this look like for you this week?

TALKABOUTIT

"You will never have enough time. You will have to TAKE IT."

PARENT CHECK |

Meditation. We do it all the time. We imagine, study, think and reflect. But, do you take the time to do that with God's Word? So often, we look at reading Scripture as an obligation or task to be done, rather than a treasure to be searched. How can you invite your teen into the adventure of meditating on God's Word this week?