

Week 6: Scripture #2 – Meditate

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from meditating on Scripture practice**
 1. What are your habits for consuming information (such as news, social media, or podcasts)? How could those habits be influencing the way you approach reading Scripture?
 2. How is a meditative reading similar or different from the way you currently read Scripture?
 3. What was your experience of engaging with Scripture through *Lectio Divina*?
 4. Of the four movements of engaging with Scripture through Lectio, which movements felt most natural or challenging to you?
 5. What arose in your heart and imagination as you read, meditated, prayed, and contemplated?
 6. In the teaching, a fifth movement of “incarnation” was shared. Did you have any opportunities to live out what you were reading this week? If so, how did that deepen the meaning of that Scripture for you?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***
 1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
 2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?
- ***And then, when your group is ready***
 3. Do you have any sin to confess?
 4. Is there anything you desire to keep secret?

4. Homework for Week 6

- Watch **Scripture #3** video: “Study” (29:53)
 - <https://thefreshwater.church/2026/01/practice-scripture-3/>
- Practice studying Scripture