

TEXT: PSALM 1:2

“... whose delight is in the law of the Lord, and who meditates on his law day and night” (NIV)

DISCUSSION QUESTIONS

- The video contrasts Eastern meditation with Christian meditation. What differences stood out to you most? How does the image of “filling ourselves with God’s Word” reshape the way you think about meditation?
- Jeremy used several metaphors for meditation: a tree by water, chewing food, a lion growling over prey, a dog gnawing a bone. Which image connects with you most personally, and why?
- The homework asks listeners to meditate on Psalm 23 by asking questions like: “Who’s doing the verbs?” and “What am I being given?” How might those kinds of questions change the way we usually read Scripture?

