

Adult Discipleship
Spiritual Disciplines
Week 3: Memorization and Meditation

Historical Figure Spotlight:

Richard Baxter: *The Saints Everlasting Rest*: “Meditation on eternal things I count as a means to drive away mental depression.”

John Bunyan: *The Holy War* and *Profitable Meditations*

Introduction:

Definition: “Practices found in Scripture that promote spiritual growth among believers in the gospel of Jesus Christ.” (Whitney, 4)

The Gospel: Our standing with God, in Jesus Christ, by grace through faith is not defined by how goodly we practice the spiritual disciplines.

Memorization and Meditation

Memorization:

Definition: _____ of God’s Word in the mind, by the pen, through the ear, with the tongue for the application in the heart.

_____:

Why Memorization is Important for the Spiritual Life:

1. Battle against _____ : Psalm 119:9-16
2. Battle against _____ : Ephesians 6:10-20
3. Live _____ : Joshua 1:8

_____ : God’s Word for the heart through the diligence of the mind.

Personal:

Family/Small Groups:

Church:

Meditation:

Current _____ of Meditation:

Current _____ of Meditation:

Definition of Biblical Meditation: “It means to think personally, practically, seriously, and earnestly on how the truth of God’s Word should look in life.” (Saxton, 2)

Psalm 1

Psalm 77:3; Psalm 119:15, 97; Psalm 145:5

_____ of Meditation:

Personal:

Family/Small Group:

Church:

Gospel-Centered Resources

David W. Saxton: *God’s Battle Plan for the Mind*

Edmond Smith: *A Tree by a Stream*

John Owen: *Spiritual-Mindedness*

John Piper: *Think*

Glenna Marshall: *Memorizing Scripture*

John Piper: *Pierced by the Word*

Next Week: Off

February 12: Prayer