

RESOURCES

GOSPEL MEDITATION EXERCISE:

Consider committing yourself to 15 minutes at the end of each day for the next week to do the following.



1. First, take your journal (or something on which you can write) and find a quiet place where you can sit undisturbed.
2. Select a Gospel account of one event in the life of Christ. After a brief prayer, invite God to allow you to imaginatively enter this experience and encounter Jesus, spend five minutes daydreaming on the passage. Write down anything worth remembering.
3. After thanking God for the gift of time spent with Jesus, ask for help in reflecting on your day in order to better discern his Divine Presence during it.
4. Allow the events of the day to replay before you. Accept whatever comes into focus, no matter how trivial it initially appears to be, as a gift from God. Ask for help to discern his presence in the experience.
5. End your time by thanking God for the gifts received during this process.

There is no simple formula for a deep knowing of God. Honest and prayer reflection on the Gospels and daily experience provide a rich opportunity to meet God in ways that will change you.

RECOMMENDED GOSPEL PASSAGES:

MARK 10:17-22

MATTHEW 26:36-46

LUKE 7:36-50

BOOKS:

30 Days to understanding the Bible by Max Anders

How to Read the Bible for All its Worth by Gordon Fee and Douglas Stuart

Celebration of Discipline by Richard Foster

This month we'd also suggest downloading and using the **He Reads Truth** iPhone app; as well as visiting HeReadsTruth.com for tons of great content to start a regular discipline in God's Word.