
ENABLE 4.1

**Meditate on His Word
Small Group Session Fifteen
Week Beginning 28th April**



Part Four Begins

It is now time to come to the final section of ENABLE as we enter this new Summer-Term (see timetable on the final page).

Many of us want to live our lives as disciples of Jesus Christ, yet some of us don't feel like we are growing in our faith. Some of us feel busy or tired in our service of Jesus. Some have dreams of things they would love to undertake for Jesus but, maybe because of a lack of confidence or lack of opportunity, they have never been able to realise their dreams.

What is the common factor in each of those situations? It is a need to experience God's enabling. His wonderful, gentle, yet powerful enabling.

In the first three sections we have considered three different ways God enables us to serve Him. He gifts us each other in the church, to encourage and support. He gives us the gift of prayer, that we can seek God's work in our lives. Supremely, He gives us the gift of His Holy Spirit, God dwelling in us.

But, as we are about to see, His wonderful, gentle, powerful ENABLING does not stop there. In this session we are going to think of the 'fourth' main enabler - the gift of his word in the Bible. (We are only going to think about the Bible more briefly than the first three enablers because this is a topic we looked at in EQUIP. See EQUIP 4.1, 4.2, 4.3 and 4.4 at stkea.org.uk/equip).

Having thought about the way His word the Bible enables us, we will then turn to think about some lesser (but important) enablers - the importance of sleep, the place of Sabbath, the refreshing of friendships and the place of creativity or recreation. Then, in the final sessions this term, we will draw some of the main themes together as we consider 'the measures of success' in the life of a disciple of Jesus.

It is going to be a great term! So why not start the new term by turning to pray right now. Pray for one another, pray for your group, pray for the final lap of the journey - and most of all pray that God would ENABLE us to live as His disciples.

“I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

Meditate on His word

Transforming Word

The main way in which God enables us to live for Him is as the Holy Spirit takes the truth of God's word in Bible and applies it to our minds and hearts, transforming us. This is our main prayer for our church ... "transform us through your word in the power of your Spirit, that we might be like Jesus".

This enabling happens when we gather on a Sunday and read and speak about God's word; it happens in our Small Groups as we apply His word and it happens as we open His word individually, or on our own. In this session we are going to focus on this 'individual' enabling.

If you spend time reading the Bible on your own, describe when and how you do that? What does it feel like when you do it? How transformative is it?

One of our challenges is finding time to open God's word individually. Another is finding time to reflect on God's word, allowing it to transform our lives.

Read Psalm 42

Who is the writer of the Psalms speaking to? What different things strike you about the psalmists 'quiet time'? How does it compare to your individual time in God's word?

The Psalm gives us a picture of the inner conversation the psalmist is having with himself (e.g. v5. v.6. v.11). He is examining the state of his heart, taking the truths of God's word and applying them to his life. This is what has historically been known as Christian meditation. No emptying our minds of all thoughts, but instead examining our feelings, thoughts, desires and bringing the truth of God's word to bear on them.

Have a look at another example, read Psalm 77:7-12. How is the psalmist applying truths from God's word to his thoughts and life?

In J.I. Packers classic book *Knowing God* he describes it like this... *Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God. It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God. Its purpose is to clear one's mental and spiritual vision of God, and to let His truth make its full and proper impact on one's mind and heart. It is a matter of talking to oneself about God and oneself; it is, indeed, often a matter of arguing with oneself, reasoning oneself out of moods of doubt and unbelief into a clear apprehension of God's power and grace. Its effect is ever to humble us, as we contemplate God's greatness and glory.*

In what ways have you experienced Christian meditation like this? How might you spend more time before God in this way? What impact might it have? How might these reflections shape you this week?

Now spend some time praying about all you have considered in this session.

Christian Meditation

Knowing your gifts





Summer Term Timetable

APCM

7:30pm 17th April

Prayer Meeting Week

7:30pm 24th/25th April

Small Group Session 4.1

Week beginning 28th April

Small Group Session 4.2

Week beginning 5th May

Small Group Session 4.3

Week beginning 12th May

Prayer Meeting Week

7:30pm 22nd/23th May

Half Term Break - Week beginning 26th May

Small Group Session 4.4

Week beginning 2nd June

Small Group Session 4.5

Week beginning 9th June

Trinity Church Fellowship Meeting

7:00pm St John's Church - 19th June

Small Group Session 4.6

Week beginning 23rd June

Small Group Session 4.7

Week beginning 30th June

Kea Fellowship Evening BBQ - 7:30pm 10th July

Christ Church BBQ in Groups - week beginning 7th July

Christ Church Prayer Meeting Week

7:30pm 18th July

support and
encouragement
to live for Jesus