Sermon Summary: April 07, 2019

**The Larger Christian Life: Scripture Meditation**

* Most Christians live a life marked with “multiplicity,” meaning that they desire to live one way but live differently.
	+ The solution is to align our desires and actions with God’s will.
	+ The only way to do this is through training with spiritual disciplines.
* Scripture meditation is an important discipline to transforming our lives and living with an undivided heart.
	+ Christian meditation is not to be confused with eastern meditation.
	+ Scripture meditation is not to be confused with Bible study.
	+ Scripture meditation keeps us nourished from the pure stream of God’s Word.
* A simple way to practice Scripture meditation is to:
	+ First: Go to a place of solitude.
	+ Second: Pray for an open heart.
	+ Third: Read a verse or short passage of Scripture repeatedly.
	+ Fourth: Ask God, “What do you want to say to me at this moment?”
	+ Lastly: Keep this passage with you in the coming days.

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