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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