

The logo features the word "UP" in a large, green, stylized font with a blue outline, positioned above the word "coming" in a smaller, green, sans-serif font. Below "coming" is the word "EVENTS" in a blue, serif font. Three red stars are arranged above the "UP" text, and a blue outline of a square or rectangle is partially visible behind the letters.

Tuesdays, 9:15-11am

Ladies' Bible Study

Tuesdays, 11:15-12:30pm

Food Bank

Wednesdays, 7-8pm

Prayer Meeting

Sundays in April

“Welcome to the Family” Month

Saturday April 13, 8am

Men's Prayer & Breakfast

Friday, April 19, 10:30am

Good Friday Service

Saturday April 20, 10-noon

Clothing Loft

Online Sacred Pathway Quiz:

<http://northpoint.org/care/pathways/>

Explanation of Pathways and printable Quiz:

<https://irpcdn.multiscreensite.com/2988a589/files/uploaded/Sacred%20Pathways%20New%20.pdf>



Sheridan Park Family Church



Living The Larger Christian Life: Scripture Meditation

Sunday April 7, 2019

9:00-10:00am Prayer in the Downstairs Fireside Room

10:30am Service

Speaker: Pastor Keith Piquette

Welcome!

We are so glad you are joining us this morning. We would love to greet you personally at our Welcome Table. Please pick up an information sheet about our various ministries or visit our website: www.spfamilychurch.ca.

THE FAMILY ROOM is available for parents of children who need a temporary space away during the service yet close enough to easily slip back in. The room is located on the drum-side overflow at the back of the upper auditorium. Please feel free to check it out.



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.

Small Group Study Questions: April 07, 2019
The Larger Christian Life: Scripture Meditation

1. Last week the discipline of Silence and Solitude was presented. How have you been active since then in silence and solitude? Did you get a chance to do the weekly challenge (“Unplug” for one week! Devote the time you save to spiritual disciplines. If you can, invite those in your family to join you as you “unplug” and even try for some family devotion time.) If so, what did you discover?

2. What insight, principle, or observation from last weekend's message did you find to be most helpful, eye-opening, or troubling? Explain.
3. What comes to mind when you hear "scripture meditation"? Have you ever practiced scripture meditation even if you didn't know that's what it was called?
4. Read Joshua 1:7-9 and make notes of your observations. Considering the context of the passage (who Joshua is and what he is embarking on), why do you think God says what He does to Joshua?
 - a. Why might it be important for Joshua to meditate on God's Word?
 - b. What other thoughts come to mind about this passage or other related ones?
5. In Psalms, the writers often make mention of meditating on God's word: Psalm 1:2, 19:14, 39:3, 48:9, 49:3, 77:3, 104:34, 119:15, 143:5, 145:5. The meaning of the word "meditate" in these passages has a rich meaning such as "to proclaim, to praise, to lament, to teach, to meditate with thanks and praise, thoughtful contemplation, to read in an undertone." With this in mind, read and study some of these passages and share your thoughts with the group.
6. This week a fictional illustration was told about an average person's shopping experience. Do you resonate with the illustration?
 - a. Do you ever feel you have a divided heart (you desire to be and act a certain way but end up living differently)?
7. In the sermon it was taught that Scripture meditation is an important discipline to transform our lives and live with an undivided heart. How do you think it accomplishes this?
 - a. Has Scripture meditation been helpful to you in the past? If so, in what way?
8. In light of what you learned this week, are there any changes you would like to make in your life?

This Week's Challenge:

Sit in a quiet place with your Bible. Remind yourself that the Bible is God's Word and is the primary way in which He speaks to us. Place yourself in God's presence and ask Him to speak to you through His Word. Open your Bible and read a short passage slowly taking your time. When a word or phrase pops out to you, attend to it and seek what God might be saying to you through it. Dwell on that phrase or word and let it sink into your mind and heart. Bring it back to mind throughout the day.