

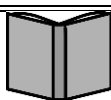



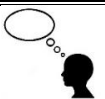







## Small Group/ Reflection Notes

05-10-2025		Bible meditation	
 Start	<input type="checkbox"/> Get food tasting. Taste a cake, soup or any other edible food. What are your human senses telling you about it? Using sight, sound, touch, smell and/or taste, what ingredients can you identify?		
 Discuss	<input type="checkbox"/> How would you eat if you wanted to truly savour a meal, identifying and appreciating each different component or ingredient? <input type="checkbox"/> Similarly, how might you read a Bible verse or passage if you wanted to truly savour its content? <input type="checkbox"/> What does it mean to <i>meditate</i> on the Bible? <input type="checkbox"/> “ <i>Don’t just read the Bible; meditate on it.</i> ” Discuss. <input type="checkbox"/> How do we <i>meditate</i> on the Bible? What are your tips?		
 Read	<a href="#">Psalm 1:1-3</a>	 Listen again	ChesterRoadBaptist.org.uk/Watch ChesterRoadBaptist.org.uk/Talks
 Explore	<p>Read &amp; meditate on <a href="#">Psalm 1:1-3</a></p> <p>v.1: Why start with ‘Blessed’? Who else started with ‘Blessed’? How is the ‘way’ used here? Read John 14:6 - who is THE Way?</p> <p>v.2: What does it mean to <i>delight</i> in <i>something</i>? ..in <i>Scripture</i>? When has this been your experience? Why <i>meditate</i> on Scripture? Why is it sometimes necessary to chew on Scripture for a prolonged period of time?</p> <p>v.3. What does a tree require to blossom? How can the Bible feed/ sustain us, whatever our circumstances or ‘season of life’? What does it mean to <i>prosper</i>?</p> <p>Read &amp; meditate on <a href="#">Psalm 119:11</a></p> <p>v. 11 How do we ‘hide’ Scripture within us? Try visualising this! What are the benefits of doing so?</p> <p>Read &amp; meditate on <a href="#">Colossians 3:16</a></p> <p>v.16: Who’s ‘word’? What does it mean to ‘dwell’? What happens when we allow Scripture to take up residency within us? How does this affect our actions/ re-actions, attitudes, relationships, worship..?</p>		
 Go further	<input type="checkbox"/> Whilst meditating on Scripture often <i>starts</i> with the Bible, can meditating on something else – say, a sunset or interpersonal interaction – lead us back to the Bible? How? What does it require?		
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why?		
 Do	<input type="checkbox"/> Meditate on Scripture Find a quiet space. Select a verse or short passage of the Bible. Ask God to lead you. Read it slowly, multiple times, each time placing the emphasis on a different word. What word or phrase are you drawn to? Why might that be? Be		

	curious: who, what, where, when, why? Ask questions. Ponder. What might this say about: God? Respond to God in conversational prayer. Live it.
 Pray	Almighty God, Your word is a lamp for my feet, a light on my path. Give me understanding of Your Way, Truth and Life. Help me to live what I read. Amen
 My questions:	

Access Small Group/ Reflection notes from: [ChesterRoadBaptist.org.uk/Notes](https://ChesterRoadBaptist.org.uk/Notes)

*If you're not yet in a small group, why not join one! Check out : [ChesterRoadBaptist.org.uk/SmallGroups](https://ChesterRoadBaptist.org.uk/SmallGroups)*

*Can't see a group to suit your availability/interest? Start one! [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk)*

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