

a month of  
**meditation** **Buford Church of Christ**

READ • ASK • REFLECT • PRAY

1

**Psalm 23:1** // In what areas of my life am I feeling a sense of 'want' (i.e., lacking what I need)? When I feel a sense of lack in my life, where do I go for fulfillment?

2

**Psalm 23:2** // Why is it often so hard for me to 'lie down' and rest? Where do I go, what do I do, or to what do I turn in order to experience 'still waters'?

3

**Psalm 23:3** // What parts of my life feel broken and in need of restoration? How well am I following God's lead in my life right now?

4

**Psalm 23:4** // What fears or valleys am I facing right now? How have I experienced God's comfort during the valleys of my life?

5

**Psalm 23:5** // How has God shown His faithfulness to me even in difficult or hostile circumstances? In what ways is my life already overflowing with His grace and blessing?

6

**Psalm 23:6** // How have God's goodness and mercy pursued me throughout my life? Do I have confidence that I will be 'in the house of the Lord for ever,' and if not, why not?

7

**John 6:35** // What things do I consume spiritually, emotionally, or mentally that never truly satisfy? What would it look like to 'feed' on Christ daily rather than occasionally?

8

**John 8:12** // What are some of the purposes or functions of light, and how do these relate to Jesus? How can I reflect Christ's light to people around me?

9

**John 10:7-10** // What doors in my life do I need to allow Jesus to close? What doors in my life has Jesus opened that I need to walk through?

10

**John 10:11-14** // Where do I most need the guidance of the Good Shepherd today? How have I experienced Jesus' care and protection in my life?

11

**John 11:25** // What situations in my life feel hopeless? Have I allowed God to breathe new life into them? How does Jesus' resurrection reshape how I think about suffering and death?

12

**John 14:6** // What competing 'truths' or paths tempt me away from Christ? How can I become more aligned with the character and teachings of Jesus?

13

**John 15:1** // What does abiding in Christ practically look like in my daily life? What spiritual fruit has God cultivated in me, and how might I be preventing Him from cultivating more?

14

**Revelation 2:1-7** // When have I been the most passionate about Christ? How different is my current relationship with Him? Am I still excited to exercise my faith, & if not, why not?

15

**Revelation 2:8-11** // How do I respond to suffering, pressure, hardship, or opposition because of my faith? What does it mean to 'be faithful unto death'?

**Revelation 2:12-17** // Are there beliefs, habits, or influences I tolerate that weaken my faithfulness to Christ? What does it mean for me to hold firmly to Jesus' name today?

16

**Revelation 2:18-28** // Are there any areas of sin or compromise in my life that I have excused or ignored? Do my 'latter works' exceed my 'first' works?

17

**Revelation 3:1-6** // Are there any parts of my spiritual life that have become routine, lifeless, or neglected? Does Jesus consider me 'worthy' like He did some in Sardis?

18

**Revelation 3:7-13** // What is one 'open door' that Jesus has placed before me right now? In what parts of my life do I need to rely more on God's strength than my own?

19

**Revelation 3:14-22** // Spiritually speaking, am I hot, cold, or lukewarm? In what ways have I possessed a spiritually self-sufficient mindset (intentionally or unintentionally)?

20

**Matthew 7:24-27** // What is the foundation of my life? What storms have I faced in life, and what do they expose about my faith? How do I want my faith to endure when storms come?

21

**Matthew 13:1-9, 18-23** // Which type of soil best describes my heart in this season of life? What would it look like for God's Word to take deeper root in every area of my life?

22

**Matthew 18:21-35** // Do I see forgiveness as optional or central to following Christ? Is there someone I am refusing to forgive? Do I truly grasp the forgiveness God has shown me?

23

**Matthew 20:1-6** // Where in my life do I often compare myself to others? What does faithful service look like when no one is watching? Where do I struggle to accept God's ways?

24

**Matthew 22:1-14** // What excuses most often pull my attention away from kingdom opportunities? Where might I be treating God's invitation as optional rather than urgent?

25

**Matthew 25:14-30** // What 'talents' (gifts, resources, opportunities) has God entrusted to me right now? Where does fear hold me back from using what God has given me?

26

**Matthew 25:31-46** // Where in my life is compassion expressed in words but not in consistent action? What is one concrete act of mercy I can take to shape how I live today?

27

**Psalm 34** // What does it mean for me to 'bless the Lord at all times'? In what ways have I personally experienced God's goodness?

28

**Psalm 46** // What keeps me from being still before God? How do world events or uncertainty affect my faith? What does it mean for me that God is a 'present help in trouble'?

29

**Psalm 51** // Am I fully honest with God about my sin, failures, and struggles? How can my life point others toward God's mercy and grace?

30

For the month of June, we invite you to join our church family in devoting time to meditate on our Creator every day. Each meditation includes a daily passage with questions to provide self-reflection. Then, spend a moment in prayer that is focused on your personal responses and reflections.