



BE STILL AND KNOW
PSALM 1:1-6

“Meditation is a long, ardent gaze at God, his work, and his Word. Slowing down and giving one’s undivided attention to God lies at the core of Christian meditation.”

Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook*
(Downers Grove, IL: InterVarsity Press, 2005): 172.

When God said, “Be _____, and know that I am God” (Psalm 46:10), He was instructing us to engage in the spiritual discipline of _____.

Meditation is about “_____ to God’s word, _____ on God’s works, [and]... _____ on God’s law.”¹

Meditation figures prominently in the Bible.

- Joshua was instructed by God to “_____ on [the Book of the Law] day and night” (Joshua 1:8).
- David declared, “Let the words of my mouth and the _____ of my heart be acceptable in your sight, O Lord, my rock and my redeemer” (Psalm 19:14).
- The psalmist mentions meditation 6 times in Psalm 119, saying such things as, “I will meditate on your _____” (119:15), “I will meditate on your wondrous _____” (119:27), “I will meditate on your _____” (119:48), and “I [will] meditate on your _____” (119:48).
- In Romans 8:5, we are told that “those who live according to the flesh set their _____ on the things of the flesh, but those who live according to the Spirit set their _____ on the things of the Spirit.”
- In Colossians 3:2, we are instructed to “Set [our] _____ on things that are above, not on things that are on earth.”

While some forms of meditation are about _____ the mind, “Christian meditation is [ultimately] an attempt to _____ the mind” (Philippians 4:8).²

The goal of meditation is not _____; the goal of meditation is _____ (Romans 12:1-2).

¹ Richard J. Foster. *Celebration of Discipline*, 20th Anniversary Edition (New York: HarperCollins, 1998): 15.

² Richard J. Foster. *Celebration of Discipline*, 20th Anniversary Edition (New York: HarperCollins, 1998): 20.



MY WORSHIP NOTES

Listen and write down notes from today's singing and sermon!

Name: _____ Date: _____

Circle One: **Sunday** **Wednesday** Circle One: **Morning** **Evening**

LIST THE SONGS THAT WE SANG:



WHAT SCRIPTURE WAS READ? _____

WHAT WAS THE SERMON TITLE? _____



MAKE A MARK FOR EACH TIME YOU HEAR THESE WORDS IN THE SERMON:

GOD	JESUS	BIBLE	MEDITATION
WORD	EMPTYING	THINK	MEDITATE

WRITE DOWN THE BIBLE VERSES THAT WERE USED IN THE SERMON:

DRAW A PICTURE BASED ON TODAY'S LESSON