

## **What are You Chewing On?**

Main Scripture: Joshua 1:7-9

Additional Scriptures: Psalm 39:3, Psalm 119:97-99,  
Colossians 3:-12, Psalm 1:1-4, Ephesians 3:19-20

### **Hearing: Discussion Questions**

- “Biblical meditation is not the emptying of your mind, but the filling of your mind with the Word of God.” Why is it so important that we fill our mind with Scripture rather than take the Eastern religion approach of just emptying your mind of all bad things?
- “Your life will follow your meditation.” Look back at this last week and think about what you have been meditating on. Where did you spend most of your time? Your thoughts? Your money? Your actions?
  - How did this affect the rest of your week?
- **Read Joshua 1:7-8.** Think about this last week and how it would have been different if you were giving that much time, devotion, and thought to the Word of God. How would it have changed your week?
- Discuss with your small group how chewing on the Word changes you and those around you.
- By the time they graduate, an average High School student will have over 2,000 songs memorized. Whether or not you can meditate and memorize is not the right question... *what* you choose to meditate on is the key question.
  - What are some of the big things that you find yourself meditating on? Why do you think that is?
  - What are some practical steps that can help you shift your meditation and thoughts onto the Word of God?
- Pastor Mike asked the question, “What if we stopped ‘killing time’ as Christians and started redeeming the time?”
  - How and when do you kill time?
  - How could you spin that and start redeeming the time instead? What would that look like?

### **Doing: Application**

- Pick out one chapter of the Bible or one Psalm and take an entire week and meditate on that chapter or Psalm. Try to memorize key verses and meditate on them all week. Come back next week and talk about the effects chewing on Scripture had on you and your life.
- Make an intentional effort to redeem the time instead of killing it this week by using the time you would usually waste and focus on chewing on the Word!