Session Two Practicum

**Meditation Question and Conversation**

**STEP ONE:** Carefully and prayerfully read (reflect or meditate) on Psalm 121 – take your time.

**STEP TWO:** select a word, phrase or verse that seemed to ‘draw you’ to it.

1. Other ways of saying that may include:

* It seemed to stick out to you
* It caught your attention
* It drew your curiosity
* It jumped out at you
* It stood out to you
* It bothered, troubled or convicted you
* It touched you
* It encouraged you
* It interested you

1. You may have had an impression in the very first verse or two; perhaps in the middle or the end
2. Whatever the impression was, **write that word, phrase of verse down in your journal**. Now.
3. **OR**, perhaps a thought came to you because of the word, phrase or verse you read in Scripture

* A specific ‘word’ of encouragement for something in your life
* A thought of direction for something in your life
* A piece of wisdom you needed for something in your life
* A promise for you at this time
* A rebuke for something
* A warning
* A blessing

1. Then **write this down**!
2. Why do we write these impressions, ‘words,’ thoughts or pictures down?
3. In order to focus our thoughts, so that our minds don’t wander.
4. Once you have written down the word, phrase or verse that stood out to you, **WRITE the letter “G:” in front of it**. Do it now. Remember: “G” stands for God.
5. That impression or thought that stood out to you as you read was the whisper of His voice! You heard it!
6. If you had a ‘word’ or picture in your mind, that too was His voice.
7. On the next line, write down the initial of your first name (E.g. R for Ray), as you did in session 1.
8. Next to your initial, write out a question you have about the word, phrase or verse you wrote down. You could also write a comment. You’re speaking back to God about what you heard.
9. A question or comment is part of normal conversation.
10. There is no right or wrong in this, so ask away! Or tell God something about this!
11. Next, wait for a response from the Lord.
12. It will be a logical and rational response, one that makes sense for the context of your question or comment. Again, place a “G” before it.
13. And then, placing your initial on the page, continue with another question or comment.
14. Keep the conversation going.
15. Example: The following is an actual conversation that someone had with God. Decades earlier this person had unintentionally made a vow, telling his to-be wife that he expected to die before he reached the age of 40. See how God’s Spirit so directed the conversation so that it went straight to this deep root in his life, which was causing him trouble! The verse that stood out to him in His Bible reading & meditation was Mark 3:5. Follow the conversation that followed:

**Mark 3:5 (NIV)** *He looked around at them in anger and, deeply distressed at their hardened hearts* ….

**R:** Is there something you are trying to say to me?

**G:** You don’t have a hardened heart. But I want you to go deeper into me relationally.

**R:** Teach me a way to go deeper with you.

**G:** Press on.

**R:** Please clarify.

**G:** Continue with the process.

**G:** Do it also in the evening.

**R:** How do you see my heart?

**G:** Pink – healthy – athletic

**R:** What do you mean athletic?

**G:** Go the distance.

**R:** What do you mean?

**G:** You are going to live as long as I say you are going to live.

**STEP THREE:** Share briefly with your group, something you got. Then pray over each other to grow in hearing God this week.

Session Two: Homework

1. Meditate & journal your conversation with God on the following Psalms this week

Day 1 – Psalm 1

Day 2 – Psalm 19

Day 3 – Psalm 23

Day 4 – Psalm 24

Day 5 – Psalm 37

Day 6 – Psalm 42

1. Next week we’ll ask you to share a conversation you got from your homework assignment.