



CONTEMPLATE: MESSAGE REFLECTION GUIDE

November 20th message

Contemplation is carefully studying, observing or thinking deeply about something. Sitting quietly thinking about your future or your life is contemplation. One author wrote, “Muddy waters, if left to stand, do become clear.” When you go study a piece of art at a museum, that is contemplation. “Contemplative prayer is all about remaining silent and open in God’s presence where it almost instantly rewires our brains to think with empathy, love and compassion.” Mother Teresa said, “It’s taking time to be alone with Him who we know loves us.”

CONVERSATION STARTER

Share a time when you practiced contemplation as you were trying to make a decision or maybe faced some challenge in your life.

GETTING INTO THE SCRIPTURES: Psalm 1:1,2

1. As you contemplate Thanksgiving that is approaching, for whom are you thankful and what “hurdle” did God help you overcome this year? Psalm 95:1-7; Psalm 103:1-14.

2. What have been some of your favorite verses from the Bible to meditate upon that give you encouragement, renewed strength and comfort?

3. As you have been studying God’s Word, what area of your life has the Holy Spirit prompted you to make changes in? Psalm 139: 23,24; Philippians 3:13,14; 2 Peter 1:5-11

4. What comes to your mind when you contemplate heaven?
Isaiah 25:8,9; Revelation 21: 4-8; Revelation 22:1-5

CHALLENGE

How are you going to incorporate “contemplation” into your already busy life? Remember, a sabbath doesn’t have to be an entire day. Why should we make it a priority?

Will you take time to bask in God’s faithfulness? Will you ask the Holy Spirit to show you areas of your life that need some attention?

And will you regularly “dream” about heaven?