

## PARTICIPANT'S GUIDE COURSE FIVE

# Meditative Scripture Reading

### How to Use This Guide

This self-study guide is a companion document to the video course "Meditative Scripture Reading" This guide will help you to access the promises of God in His word. Scriptures are like seed and when you plant them in your heart, they can grow into trees that bear fruit (the promises of God). Learning how to plant the seed so that it will grow requires that you follow specific instructions. This guide is designed to help learn God's recipes for a fruitful life.

Each Glory to Glory Study guide is organized around five areas of learning:

1. **Synopsis of Key Learning** - The synopsis will provide summaries of key points from the video that are important for you to understand and serve as foundational knowledge for the next course in the learning series.
2. **Important Vocabulary and Concepts** - This study guide will provide explanation of important words or ideas that are critical to understanding biblical truth.
3. **Deeper Learning** - The more you know and understand about who God is and how He works, the deeper in love you fall. God wants to have a deep and abiding relationship with you. He desires for you to know Him. This section of guide will give you additional insights into the teaching from the video for you to study on your own. If you have questions, there will be mentoring moments in the online school for you to get your questions answered.
4. **Life Application** - God calls for us to not just be a hearer of His word, but a doer also. (James 1:22). This means that God expects for us to apply what we learn about Him in our everyday lives. This section of the study is to help you think about the ways to apply what you learn from the course to your everyday life.
5. **Memory Scriptures** - Scriptures that support key concepts in the course will be highlighted. We encourage you to memorize these scriptures by meditating on them until they are hidden in your heart. When you hide God's word in your heart, it makes it hard for the enemy to deceive you. In this way, you are less likely to sin against God. (Psalm 119:11)

### Introduction to Course Five

Make sure you watch from the beginning to the end. Meditative Scripture Reading is more than just reading the bible. God's word actually produces fruit in your life. I know that seems impossible, but it is true. When you learn how to listen to God speak to you through His written word, He will give you specific instructions for how to release the promises within His word into your life. The amazing thing about when you do this, there is literally a physical transformation that takes place. People will notice a glow about you. The glory of God begins to clothe you in a real tangible way. I don't know about

you, but I want that special anointing that makes you stand out in a crowd, in a good way. (smile) If you are interested in experiencing the manifest presence of God in your life, you need to watch the “Meditative Scripture Reading” video in full. You are in for a treat!!!

### **Meditative Scripture Reading**

#### **Synopsis**

In the “Meditative Scripture Reading,” we learn that in the book of John that the Word was God and that the Word came down from heaven and dwelt among us. The Word is the manifestation of Jesus Christ, and this is why it has the power to transform our lives.

As you start to truly meditate on the word while you are reading the bible, you really are engaging in the process of interacting with God. He will begin to speak to you through His word. Specific words or phrases may stand out to you as you read. You want to stop and take note. Do not just rush through reading the bible. This is a time to develop a close relationship with God. As words or scriptures stand out to you, you slow down and determine what God is trying to say. As you learn to hear God’s voice through His word, He will not only tell you things about himself, but He will also give you some instructions.

The instructions will help you live a fruitful life, but you must follow them specifically. It is like following the recipe from a cookbook. When you do not follow the recipe, you will not get the outcome you want. Sometimes you can even create unintended consequences for trying to do things your way. In the video course, you will be able to see how the process works as well as have a chance to receive guided practice. “Meditative Scripture Reading,” will help you gain insight on how to cook with God.

<p><b>Key Vocabulary/ Concepts</b></p>	<p><b>Manifest (definition)</b> – (v.) display or show (a quality or feeling) by one’s acts or appearance; demonstrate</p> <p><b>Manifest (Key Concept)</b> – God is able to actively participate in our life in a variety of ways. When you read His word, you can actually have real interactions with Him. You will hear Him speak to you as you learn to meditate on His word.</p> <p><b>Patience (Key Concept)</b> - The ability to take a moment to step back from a situation to assess. It is realising that decision-making should be slow and thoughtful. Most importantly, it demonstrates flexibility and the recognition of the need to wait.</p>
<p><b>Deeper Learning</b></p>	<p><b>Good Things Come to Those Who Actively Wait</b> - I have several friends who do not know how to cook, so most of their groceries consist of frozen dinners. One of my friends in particular likes to stock up on her favorite frozen dinner brands, Marie Callender, specifically the chicken fettuccine with broccoli dinner. It truly is only by the grace of God that she is as healthy as she is. God is so merciful.</p> <p>Truth be told, on the days that I am really busy I am thankful for the convenience of fast foods and microwave dinners. But still, there is nothing like a home cooked meal. And for that reason, I am always excited to have a home cooked meal. The meals take longer to prepare, but my oh my it is worth the wait, right? Well, taking your time to meditate on the word of God is like that. Sure, you may learn some things if you routinely read through the word without taking your time, but it is nothing compared to the intimacy that you will develop with God when you take your time with Him in His word.</p> <p>The scripture says in Hebrew 10:36, that we can only receive God’s promises if we are patient enough to do His will. But, I want to clarify. God’s definition of patience is not a passive one. It is active. Preparing a delicious meal takes time and hard work. Planting the seed of God in your heart cannot be rushed and takes discipline, but the benefits are well worth the wait. The scripture tells us that you can actually “taste and see that the Lord is good.” (Psalm 34:8) Find out how by watching the complete video.</p>
<p><b>Life Application</b></p>	<p>Patience is the fruit of the Holy Spirit and can be hard to develop. Here are three biblical tips to help you:</p> <ol style="list-style-type: none"> <li>1. <b>Be thankful that trials produce patience.</b> No one likes to suffer without reward. Athletes endure grueling practices, so that they can</li> </ol>

	<p>get better at their game. Musicians practice long hours to improve their craft. In these ways, trials are opportunities to develop patience.</p> <ol style="list-style-type: none"> <li>2. <b>Cooperate with the Holy Spirit.</b> Since patience is the fruit of the Spirit, the Holy Spirit will help us to develop patience. But, we must be obedient to what He tells us.</li> <li>3. <b>Look to Jesus.</b> Jesus is the perfect teacher. He models for us how to bear fruit in our lives and He certainly was the model of a patient man.</li> </ol> <p style="text-align: right;"><i>Christianity Today</i></p> <p>Here are some additional tips that may seem tedious, but actually help nurture patience:</p> <ol style="list-style-type: none"> <li>4. <b>Take a day where you make patience your goal for the entire day.</b> Make a concerted effort to take your time and think about everything you do, be mindful and live in the moment.</li> <li>5. <b>Slow down.</b> Take several deep breaths before you act or make a move.</li> <li>6. <b>Count to 10.</b> This one really works. When you feel yourself getting frustrated or angry, stop. Count slowly to 10 (you can do this in your head). When you're done, most of the initial impulse to yell or do something out of frustration will go away. Combine this with the breathing tip for even more effectiveness.</li> <li>7. <b>Start small.</b> Work on controlling your temper for one trigger. Focus with one trigger at a time. Learn what helped with that trigger and practice with other triggers.</li> </ol> <p style="text-align: right;"><i>Various Sources</i></p>
<p><b>Memory Scriptures</b></p>	<p><b>James 1:2-3</b> - My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.</p> <p><b>Galatians 6:9</b> - Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.</p>