

STILL. HERE.

MINDFULNESS, MEDITATION, AND JESUS

PART 1: Come & Rest

PART 2: Come & Drink

PART 3: Come & Stay

Come with me by yourselves to a quiet place and get some rest.
~ Jesus (Mark 6:31)

APPETIZER: Admitting Our Assumptions

Joshua 1:8; Psalm 1:1-3; 48:9; 119; Philippians 4:8

1. GOD IS PERFECT, PERSONAL, PRESENT LOVE.
 - a. More than "the universe"
 - b. Here now
 - c. Pure self-giving, relational energy

Acts 17:27-28; 1 John 4:7-21
2. WE ARE GOD'S IMAGE.
 - a. Not gods, but God's
 - b. Made by Relationship for relationship
 - c. Like God, we create through choice

Genesis 1:26-27; Genesis 2-4; Deuteronomy 30:19
3. SOMETHING IS SEPARATING US.
 - a. From God
 - b. From one another
 - c. From our true selves

Genesis 3-4; Isaiah 59:1-2; Mark 7:20-23; Romans 3:23-24
4. JESUS IS OUR (RE)UNION.
 - a. With God
 - b. With one another
 - c. With our true selves

Matthew 1:18-23; 26:28; Luke 15; John 1:1, 14, 18; 3:16; 10:10; 12:32; 14:6-9; 17:3; 1 Corinthians 1:30; 2 Corinthians 5:17-21; Ephesians 2:14-21; 1 Timothy 2:5-6; Colossians 1:15-23; 2:13-14; 1 Peter 1:21
5. THE HOLY SPIRIT IS HERE TO HELP US.
 - a. Through the Bible (the "inspiration" of the Spirit)
 - b. Through the Church (the "gifts" of the Spirit)
 - c. Through our inner experience (the "fruit" of the Spirit)
 - i. Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self-Control

Romans 8:14-16; Galatians 4:6-7; 1 Timothy 3:14-15; 2 Timothy 3:16-17; 1 Corinthians 12-13; Galatians 5:22-23

DINE IN: The "Easy Yoke" & "Light Burden"

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
~ Jesus (Matthew 11:28-30)

TMH Meditation Tips:

1. Decide on a consistent time, duration, place, and posture. (Try sitting comfortably, first thing in the morning, before checking your phone.) Set an alarm for the amount of time you choose.
2. Begin with prayer, asking God to open your mind to his presence. Share your anticipation and excitement to encounter Him.
3. Read the Scripture passage for the week and process the context and the meaning as much as necessary so your analytical mind can be satisfied and at rest. This should be less after the first day.
4. Read through the Bible passage again, slowly, allowing yourself to stop and pause on any word or phrase that God seems to be highlighting for you.
5. Don't pressure yourself to manufacture a big revelation or mystical experience. Our focus is the practice, and the practice is healthy.
6. Move beyond the words of the text to imagining, sensing, and feeling what you believe to be true.
7. Move between thinking and praying if that is helpful. God is with you.
8. If you fall asleep, good. You needed it.
9. If your mind wanders, fine. Once you notice, return to focus. That process of wandering and returning is part of the practice.
10. If you get bored, no problem. Pushing through the boredom is part of learning any new skill.
11. Close with a brief prayer of thanksgiving.
12. Repeat daily throughout this series (3 weeks).
13. Process what you are experiencing and learning in Home Church.

TAKE OUT: Practice Your Practice

This week, for at least five of the next seven days, I will "mediate" on **Matthew 11:28-30** for at least...

- 15 minutes per day
- 5 minutes per day
- 2 minutes per day

I plan to do this in this place and at this time.....

NEXT WEEK: Come & Drink (based on John 6-7)

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. What about this series most excites or intimidates you?
2. Have you started practicing your practice? If not, why not? If so, how is it going? What have you learned – about Jesus, about life, or about yourself – so far?
3. Review the sermon – any lingering questions or helpful revelations?

HEAR [Listening to God through Scripture – in Discussion Groups]

4. Read **Matthew 11:25-30**, slowly, more than once, in different translations.
 - a. What verse, phrase, word, or idea stands out to you the most? What might God be saying to you through this?
 - b. How can meditation (more than mere education) help us be like children in the sense Jesus encourages in this and other passages?
 - c. In **verse 27** Jesus says that no one can know God except “those to whom the Son chooses to reveal him”. Who does the Son choose to reveal God to? (Notice the fourth word of the next verse.)
 - d. What does it mean to “come to” Jesus?
 - e. What tires you and/or weighs heavy on you these days?
 - f. Jesus says that HE will give us rest. How does Jesus himself, and not a separate thing, power, awareness, or technique, but JESUS himself give us rest? Especially from the burden of religion?
 - g. What has been your experience of the “easy yoke” and the “light burden” of Jesus? Talk about what makes it easy and light for you?
5. MEDITATE: Share about “best practices” in meditation. What has been helpful for you and others in your group. Then take 5-10 minutes to meditate on **verses 28-30**. Afterward, talk about your experience.

HUDDLE [Making It Personal and Praying Together – in Huddles]

6. Exchange contact information and arrange the best way to contact each other at least once before next week to see how you are doing.
7. Find out how you're all doing and pray for one another.