



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: Jesus VS Religion

Sukkot, water, and striking the rock...

Exodus 17:1-6 & 1 Corinthians 10:1-4

We do not meditate (and pray and study and gather and sing and serve) to get close to God. We meditate to realize how close we already are.

DINE IN: Drinking From The Inner Well

The goal of meditation is not to experience bliss in a singular moment. Rather it is to rest in our Father's company and consent to the work of the Holy Spirit in every aspect of our lives.

~ Ken Shigematsu (Survival Guide for the Soul)

Let **anyone** who is **thirsty** come to **me** and **drink**.

Whoever **believes** in **me**, as Scripture has said, **rivers** of living

water will flow from **within them**.

~ Jesus (**John 7:37-39**)

TAKE OUT: How to Hear and Recognize God's Voice

1. Look and listen for the fruit of the Spirit. (**Galatians 5:22-23**)
Love, Joy, Peace, Patience, Kindness, Goodness,
Faithfulness, Gentleness, Self-control
2. Try living out the teachings of Jesus. (**John 7:17**)
3. Live in the company of Spirit amplifiers. (**John 7:39**)

The Spirit and the bride say, "Come!" And let the one who hears say, "Come!" Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life.
~ Revelation 22:17

Two suggested prayers, for seekers, saints, and skeptics...

Dear God,
(If you're there...)
Make me aware of my thirst.
Help me learn from Jesus.
Fill me with your Spirit.
Amen.

Dear God,
Are you there?
Amen.

NEXT WEEK: Come & Stay (based on John 15)

Home Church Questions

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

1. Have you started practicing daily meditation? If not, why not? If so, how is it going? What have you learned – about Jesus, about life, or about yourself – so far?
2. Review the sermon – any lingering questions or helpful revelations?

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

3. Read **John 7:14-24, 37-44**, 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. Keeping **verses 16-17** in mind, how might you respond to someone who thought that Jesus was a fine man and a good teacher, but that is all.
 - c. Accusing someone of being “demon-possessed” is a strong charge (see **verse 20**). What do you think it is about the life and teachings of Jesus that would have led up to this harsh criticism?
 - d. Why is the teaching of **verse 24** so important for religious people to hear?
 - e. If Jesus is the source of receiving the Holy Spirit of God as he claims in this passage, what does that tell us about Jesus? Who is he?
 - f. Have you ever known someone who had “rivers of living water” flowing out to them to others around them?
 - g. “Okay, so Jesus told people to come to him to receive the Spirit while he was on earth, but that was 2,000 years ago. What about today? Can’t we simply receive the Spirit directly through our own spiritual practice and beliefs, or through different religious traditions? In other words, isn’t this claim of Jesus unnecessarily restrictive?” How might you respond to this claim/question?
4. Take time to share more about “best practices” in meditation. What has been helpful for you and others in your group. Then take 5-10 minutes to meditate on the words of Jesus in **verses 37-38**. Afterward, talk about your experience in your huddles.

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

5. How was your meditation experience this week?
6. If you missed anyone last week, exchange contact information and arrange the best way to contact each other at least once before next week to see how you are getting along with meditating.
7. Find out how you’re all doing in life and pray for one another.