



Bible Study
Wednesday, October 03, 2018

“Meditation and Spiritual Disciplines”

This past Sunday, we kicked-off the new session of, “The Journey.” During this kick-off, each Fulfillment Hour facilitator emphasized the vision and mission of Mt. Zion as expounded upon by Pastor Moore. It is important to note that the vision and mission of Mt. Zion was not something that was conjured up by Pastor Moore for the sake of having statements. On the contrary, the vision and mission was birthed in Pastor Moore through his meditation of the Scriptures and personal spiritual discipline.

This week, we were all assigned in Fulfillment Hour to read the following Scriptures in three different versions (New King James Version, Amplified Bible and New Living Translation):

- **Habakkuk 2:2-4**
- **Jeremiah 1:10**
- **Matthew 28:19-20**
- **Ephesians 4:11-12**
- **Titus 1:5**

We were told that when we read the Scriptures, certain words or phrases will jump out at us; as we read the various versions different things will be illuminated; we will experience a greater understanding of Scripture; the text will stick to us as we share it with others; and we will automatically think about the Scriptures all day.

To get the most from meditation and personal spiritual disciplines, a person must

1. Have made the decision in advance to obey God (**John 14:15**). This is covered by love. Obedience to God also connects me to other people – **Acts 9:4, 1 Peter 5:6 (Ephesians 4:16)** and **Hebrews 13:17**.
2. Have a clear assignment from God (**Proverbs 3:5-6**). As I obey God, God will lead me to my assignment. Remember, obeying God is also obeying those whom God sends me to.

3. Be active in fulfilling that assignment. Many people want to see “more” of what God wants them to do and experience “more” of it. However, until a person begins fulfilling what they know to do, he/she will not see the “more” – [Matthew 9:35-38](#) and [Zechariah 4:10](#).

As you do the above, meditation and personal spiritual disciplines will become more valuable for you. You will see exponential profit in engaging in them – [Joshua 1:8](#). Now, as the Scripture is on my mind, God will begin to speak to me in everything – job, school, recreation, entertainment, people, places, etc. God will not only speak to me, but I will recognize it.

The goal of all of this is so that I can fulfill my assignment – [Joshua 1:2, 6-9](#).