

Bible Meditation & Mindfulness
Assignments

Week 1	To prepare for your first meeting, read the first 2 chapters and be prepared to discuss them. This first reading assignment is 10 pages.
Week 2	To prepare for Week 2, read Chapter 3: <i>Meditations to Know God</i> and be prepared to discuss it.
Week 3	To prepare for Week 3, read Chapter 4 – <i>Six Steps for Bible Meditation</i> , and be prepared to discuss it. Also meditate on John 14:27 using the 6 steps in your companion journal and be prepared to share insights. (If you do not have a companion journal, you can use a blank journal and copy the steps and questions from pages 62-63 in the <i>Bible Meditation and Mindfulness</i> book.)
Week 4	To prepare for Week 4, read Chapter 5 – <i>Sample Meditation</i> , and meditate on the sample meditation in this chapter. Come prepared to discuss your insights.
Week 5	To prepare for Week 5, read Chapter 6 – <i>Overcoming Distractions and Obstacles</i> , and come prepared to discuss your distractions and what helps you overcome them. Also meditate on Romans 15:13-14 using the six steps in your journal and be prepared to share insights at the next meeting.
Week 6	To prepare for Week 6, read Chapter 7 – <i>Living in Mindfulness</i> . Also meditate on Psalm 103:11-14 using your companion journal. Be prepared to share your insights.