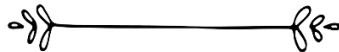


ASSIGNMENTS

Week 1	To prepare for Week 1, read Chapters 1 and 2.
Week 2	To prepare for Week 2, read Chapter 3 – <i>Meditations to Know God</i> .
Week 3	<p>To prepare for Week 3, read Chapter 4 – <i>Six Steps for Bible Meditation</i>. After you have read the chapter, meditate on John 14:27 using the 6 steps for Bible meditation. You can use your companion journal or any blank journal to write your notes. If you are using a blank journal, copy the steps and questions from pages 62-63 of <i>Bible Meditation & Mindfulness</i>.</p> <p>If you want help with this practice meditation, there is a guided meditation video by Virginia Lefler entitled <i>The Peace that Jesus Offers</i> that can be found on Virginia's website: BibleMeditation.com/guided-meditations/</p>
Week 4	To prepare for Week 4, read Chapter 5 – <i>Sample Meditation</i> . This chapter is a sample meditation where you can practice the six steps. Meditate on this sample meditation and answer the questions. Come prepared to share your insights.
Week 5	To prepare for Week 5, read Chapter 6 – <i>Overcoming Distractions and Obstacles</i> . Also, meditate on Romans 15:13 using the six steps for Bible meditation. Make notes in your journal and be prepared to share your insights.
Week 6	To prepare for Week 6, read Chapter 7 – <i>Living in Mindfulness</i> . Also, meditate on Psalm 103:11-14 using the 6 steps for Bible meditation. Make notes in your journal and be prepared to share your insights.



Assignments for studying *Bible Meditation & Mindfulness* by Virginia Lefler