

Redeemed Christian Church of God

Bethel

Servant Heart Servant Church



Verse of the Week

"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts. "

Jeremiah 15: 16

Weekly Services

Sunday Service Times: Sunday: 10am - 12:30pm

Prayer service: Friday: 7pm - 8:30pm

Address: Mudchute Park and Farm, Pier St, London, E14 3HP

How to find us: By bus: 135, D3, D7, By train: Mudchute or Island Gardens Station

Website: www.rccgbethel.org.uk

Email: rccgbethel@yahoo.co.uk
@RCCGBethel

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Challenge of the week

Simplify, for the brethren

Then the LORD answered: "Write down this vision and clearly inscribe it on tablets, so that a herald may run with it".

Habakuk 2:2

Let's Keep In Touch!

Pastor in charge: Pastor OLu Adededeji

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01708347612



HOW TO EFFECTIVELY MEDITATE ON SCRIPTURES

We will be focusing on how you as an individual will become God's own special masterpiece who lives and operates in total dominion. Take these lessons to heart and live them out.

The Bible was given to us by God to be read and mediated on. In these days of instant noodles, microwaves and fast food, the holy exercise of reflecting or

pondering over God's Word is no longer common among Christians. Meditation is the key to Christian maturity and fruitfulness. Heb. 5: 12-14. A good Christian must chew the word of God in Meditation just as an animal chews its cud to get its sweetness and nutritive virtue. Today most Christians' devotions are done in hurry or rushed. "How sweet are your words to my taste, sweeter than honey to my mouth!" Ps. 119: 103

LESSON OUTLINES:

1. Reasons To Meditate On The Scriptures
2. The Art Of Meditation
3. Application Of Meditation

REASONS TO MEDITATE ON THE SCRIPTURES

a. Babies drink milk but mature Christians draw spiritual nutrients from intense deep meditation on scriptures to build up spiritual bones of scriptures - meditation is the act of chewing spiritual meat and bones so that we could get all the sweetness and nourishment from Spiritual food.

1 Pet. 2:2; Psa. 119:103; Heb. 5: 12-14. Spiritual Meat of the Word of God - Jn. 4:31-33; Jn. 6:27

(i) Eating without chewing properly would lead to indigestion.

(ii) Continuous indigestion would lead to constipation

(iii) Chronic constipation would lead to intestinal obstruction disease (Severe pain, Vomiting and diarrhoea, infection, confusion, loss of consciousness e.t.c)

b. His thoughts are different from our thoughts. Isa. 55: 8-9. You need to renew your mind so that you can be heavenly minded. Meditating on God's word renews or reprograms our minds, exchanges our ideas for God's, so we can begin to experience God's ways. Isa. 55:8; Rom. 12: 1.



MEDITATING ON THE WORD OF GOD

- c. The way to grow your faith is by meditating on the word of God because faith comes by hearing, Rom. 10: 17
- d. Knowledge and understanding of Gods words come by the Spirit in the place of Meditation. Letter kills, spirit gives life. Ps. 19: 7. It is a means of better knowing and understanding the Word which gives insight to life itself. Ps. 49: 3; 119: 27
- e. It produces spiritual stability and fruitfulness or success according to biblical standards. Josh. 1: 7; Ps. 1: 2-3. In the time of trial and persecution, meditation on God's word gives peace and shines light to our pathways. Ps. 119: 99
- f. Meditation makes us teachers of the word and not babes. Ps. 119: 97; Heb. 5: 12-13

CONCLUSION

One important thing the Bible tells us to do is to think about God's Word. Our thoughts determine our behaviour and so what we think about is very important. Phil. 4:8 "Meditation refocuses us from ourselves and from the world so that we reflect on God's Word, His nature, His abilities, and His works. The goal is simply to permit the Holy Spirit to activate the life giving Word of God" Bruce Demarest.

What's On

Our **weekly** service will be taking place this Friday at 7pm-8:30pm. This will be a time of prayer and Fellowship in the presence of God.

Stay connected in fellowship by joining one of the weekly **House Fellowship** groups. It is a wonderful time of fun, bonding and growing in God's word together. Kindly speak to Sister Remy for further details,