

## ③ Devotion: Encounter with Jesus

### INTRODUCTION | Prayer and the Bible

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To develop a deep intimate relationship with God, prayer life (devotionals) reflecting on the Word of God is an essential factor. Psalm 1 teaches about meditation, and how we can hear the Word of God through the Bible. Let's also learn from other parts of the Bible what meditation is. Secondly, we would like to revisit how we can spend time in meditation. Lastly, what are some of the benefits of meditation? Let's focus on the promise of God. After learning from the passage, let's try the devotionals ourselves.

### SCRIPTURE | Psalm 1:1-6 (ESV)

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Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; <sup>2</sup> but his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. <sup>4</sup> The wicked are not so, but are like chaff that the wind drives away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; <sup>6</sup> for the LORD knows the way of the righteous, but the way of the wicked will perish.

### QUESTIONS |

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1. Today's passage teaches that a meditation is to take "delight in the law of the LORD day and night." What fundamental principle can you learn about the meditation?
2. The passage illustrates a person meditating on the Word of God as a "tree planted by streams of water"(v.3). What kind of life would a person meditating on the Word of God pursue? Let's compare this life with the life of "chaff that the wind drives away". What are some of the promises of God regarding this?  
**Hebrews 4:12**  
For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.  
**Galatians 5:22-23**  
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.
3. (v.5-6) Will we be able to stand before the holy throne of God without the gospel of Christ?
4. Let's work on our devotionals based on the instruction given in "Incorporating Meditation into Your Time with Jesus", and spend some time sharing with one another.

## UPCOMING EVENTS |

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GraceCity Gospel Choir (17th)  
Lunch Time Meeting - Kasumigaseki (19th), Otemachi (20th)  
Philippines Disaster Relief - @ Nov. 21st(Fri) - 29rd (Sat)  
Life Change Bible Study - (23rd) KDDI Hall 1:30 pm  
Lunch Time Meeting Christmas Party (26th)  
Manhood gathering (29th)

## Devotional Guide

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### Incorporating Meditation into Your Time with Jesus

#### Lectio – Reading

*Understand the passage*

- Read slowly through the whole passage.
  - a) When a thought, phrase, or word captures your attention, stop and dwell on it. Underline or note each.
- Read a second time and ask: “What truth is the author getting across here?” Ask what it says about:
  - a) who God is b) who we are c) who Christ is and what he did
- Read a third time. List each:
  - a) example to follow b) command to obey c) promise to claim

#### Meditatio – Reflecting

*Meditate and listen for the voice of God*

Choose the two or three most important insights or verses from your reading and ask:

- Adoration – How does this lead me to adore and praise God?
  - a) What attribute of God does it show?
- Confession – How does this lead me to confess or repent to God?
  - a) What wrong thoughts, feelings, and behavior happen in me when this is forgotten?
- Thanksgiving – How can I thank Jesus for being the ultimate answer to this sin?
  - a) How is this sin being caused by an inordinate hope for something to give me what only Jesus can really give me?
- Supplication – What does this lead me to petition God for?
  - a) What do I need from God if I am to realize this truth in my life?
- Why might God be showing me this today?

#### Oratio – Praying

*On the basis of your meditation, speak very directly to God about what you are learning and hearing*

- Pray every one of the meditations — Adoration, Confession, Thanksgiving and Supplication — back to him.

#### Contemplatio – Sensing

*Often, though not always, during reading, reflecting or praying, you begin to get a “sense on the heart” of the reality of God and his presence.*

- You may receive strong assurance of belonging to him. Stop and enjoy him!

## Devotional Note |

聖書箇所 Scripture	
タイトル Title	
<b>LECTIO</b>	<b>聖書を読み理解しましょう Reading ~ Understand the passage</b>
内 容 content	
神はどんな方 who God is 私たちは何者 who we are キリストはどんな方 who Christ is and what he did	
見倣うべき模範 example to follow 従うべき戒め command to obey 恵みの約束 promise to claim	
<b>MEDITATIO</b>	<b>黙想して神の声を聞きましょう Reflecting ~ Meditate and listen</b>
頌 栄 Adoration	神をほめたたえて賛美すること – How does this lead me to adore and praise God?
告 白 Confession	神に罪を告白して悔改めること – How does this lead me to confess or repent to God?
感 謝 Thanksgiving	この罪に対する福音の答えのゆえにイエスに感謝すること – How can I thank Jesus for being the ultimate answer to this sin?
祈 願 Supplication	神に願い求めるべきこと – What does this lead me to petition God for?
適 用 application	神はなぜ今日これを私に示したのか – Why might God be showing me this today?
<b>ORATIO</b>	<b>祈りましょう – Praying</b>
祈 り prayer	他に祈るべきこと (祈りの課題)