

GOALS FOR THE GROUP LEADER

Help the group members to understand:

1. that the meditation and memorisation of Bible verses are important
2. that they agree to continue memorising Bible verses

I. WORSHIP (14 min.)

1. Prayer

Pray that God will guide us through his Spirit; that we will be aware of his presence and that we will listen to what he says.

2. Meditation

Worship is to thank God.

Theme: To thank God for his answers to your questions

Read the Bible verses mentioned below and the explanation. Or explain the verses in your own words.

Matthew 22:34-46

³⁴ Hearing that Jesus had silenced the Sadducees, the Pharisees got together. ³⁵ One of them, an expert in the law, tested him with this question: ³⁶ “Teacher, which is the greatest commandment in the Law?”

³⁷ Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbour as yourself.’ ⁴⁰ All the Law and the Prophets hang on these two commandments.”

⁴¹ While the Pharisees were gathered together, Jesus asked them, ⁴² “What do you think about the Messiah? Whose son is he?”

“The son of David,” they replied.

⁴³ He said to them, “How is it then that David, speaking by the Spirit, calls him ‘Lord’? For he says,

⁴⁴ “The Lord said to my Lord:

“Sit at my right hand
until I put your enemies
under your feet.”⁴⁵

⁴⁵ If then David calls him ‘Lord,’ how can he be his son?”

⁴⁶ No one could say a word in reply, and from that Day on no one dared to ask him any more questions.

- Which answer did Jesus give to the Pharisees?
 - Where did Jesus find this answer? (Deuteronomy 6:5 and Leviticus 19:18).
 - What did Jesus add to this quotation from the Bible?
- Which question did Jesus ask the Pharisees?
 - Which question did Jesus ask after they had given him an answer?
 - What is the power of the answers of God to the questions of man?

3. Worship

Let everyone in the small group take a turn to worship (in one or two sentences) God as the One who gives answers to your questions.

II. INTRODUCTION THEME (1 min.)

The theme for this meeting is: Bible meditation and memorisation

Read or explain in your own words.

The Bible motivates us to meditate and memorise Bible verses, because it enables us to conquer temptations, live holy amidst a perverse world and give God’s answers to man’s questions.

Christian meditation consists of:

- thinking about the meaning of the words in the Bible
- talking and listening: talking to God about its meaning, its relevance and its application in your life and in that of others and listening to God
- relating the truth of the Bible to life
- writing down the main thoughts

III. SHARING OF QUIET TIMES (30 min.)

Let everyone in the small group take a turn to share (or read) what he has learned from one of the assigned quiet times.

Theme: Hide God’s words in your heart

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| Day 1 | Matthew 4:1-11
Memorising Bible verses helps you to conquer evil |
| Day 2 ^{BS} | Psalms 119:9-16
Memorising Bible verses helps you to live pure |
| Day 3 | Matthew 19:3-6
Memorising Bible verses enables you to give God’s answers to man’s questions |
| Day 4 | 2 Corinthians 10:3-5
Memorising Bible verses helps you to refute human arguments |

- Day 5 Jeremiah 23:25-32
Memorising Bible verses helps you to refute false prophets (cf. Psalm 39:3-4; Jeremiah 5:14)
- Day 6 Exodus 32:9-14
Memorising Bible verses helps you to pray with conviction according to God's will
- Day 7 Deuteronomy 6:4-9
Memorising Bible verses enables you to develop biblical convictions and habits in your family
- Day 8 Psalm 1:1-3
Memorising Bible verses helps you to meditate on God, also at night when you cannot sleep
- Day 9 Matthew 5:43-48
Memorising Bible verses gives your teaching authority
- Day 10 Matthew 22:41-46
Memorising Bible verses enables you to refute wrong interpretation of the Bible

IV. ADDITIONAL SHARING (15 min.)

Part IV is optional.
If after sharing quiet times there is still time left over, the following may serve as subjects for conversation.

1. Discussing the study

Discuss the study with reference to the questions mentioned below:

Theme: Meditation and memorisation

- Why is it important for Christians to meditate and memorise Bible verses?
- What is a good method to meditate and to memorise Bible verses?
- What is a good system to store memorised Bible verses?
- What is a good method to review and back-review memorised Bible verses?

2. Commitment

Let the group members consider the following question and record their answer:

- "What value do you give to memorising Bible verses? Why?"

3. Personal sharing

Discuss personal growth and commitment. Who would like to share a difficulty or blessing in his/her personal life? What are your thoughts or feelings?

V. MEMORISATION (5 min.)

1. Review of previous Bible verses

Let pairs of group members review each other's previously memorised Bible verses (the last memorised Bible verse or the last 5 memorised Bible verses).

2. Memorisation of the new Bible verse

Explain the meaning of the new Bible verse.

MEMORISATION Psalm 119:9,11

How can a young man keep his way pure?

By living according to your word.

I have hidden your word in my heart

that I might not sin against you

Psalm 119:9,11 (NIV)

VI. BIBLE STUDY (45 min.)

Theme: God's Word is a light for my path

1. Bible Study

Make use of the 5 step method and study:

Psalm 119:9-16,97-105.

⁹ How can a young person stay on the path of purity?

By living according to your word.

¹⁰ I seek you with all my heart;

do not let me stray from your commands.

¹¹ I have hidden your word in my heart

that I might not sin against you.

¹² Praise be to you, LORD;

teach me your decrees.

¹³ With my lips I recount

all the laws that come from your mouth.

¹⁴ I rejoice in following your statutes

as one rejoices in great riches.

¹⁵ I meditate on your precepts

and consider your ways.

¹⁶ I delight in your decrees;

I will not neglect your word.

⁹⁷ Oh, how I love your law!

I meditate on it all Day long.

⁹⁸ Your commands are always with me

and make me wiser than my enemies.

⁹⁹ I have more insight than all my teachers,

for I meditate on your statutes.

¹⁰⁰ I have more understanding than the elders,
for I obey your precepts.

¹⁰¹ I have kept my feet from every evil path
so that I might obey your word.

¹⁰² I have not departed from your laws,
for you yourself have taught me.

¹⁰³ How sweet are your words to my taste,
sweeter than honey to my mouth!

¹⁰⁴ I gain understanding from your precepts;
therefore I hate every wrong path.

2. Emphasis

God's Word is the map and compass for your Christian life. It is your daily guide.

3. Explanation for the group leader

Psalm 119 is an acrostic poem of 22 stanzas: Verses 1-8 begin with the first letter of the Hebrew alphabet (alef), verses 9-16 with the second letter (bet), etc. verses 97-104 with the thirteenth letter (mem) and verses 105-112 with the fourteenth letter (nun).

119:9. The sins of especially young people

Psalm 25:7 says, "Remember not the sins of my youth and my rebellious ways." 2 Timothy 2:22 says, "Flee the evil desires of youth."

Titus 3:3 says, "At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another."

1 Peter 4:3-4 says, "For you have spent enough time in the past doing what pagans choose to do – living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry." They think it strange that you do not plunge with them into the same flood of dissipation and heap abuse on you."

119:9-11. Meditate and memorise God's Word

Hiding (storing) God's Word into your heart can protect you from impurity and other sins against God. Make it an important goal in your life not to sin against God. 'Sin' literally means: 'Missing God's goal for your life', 'falling short of God's standard of perfection' and consequently results in two kinds of evil: first to do what is wrong in God's eyes; and second, to refrain from doing what is right in God's eyes.

119:12-14. Live according to God's words

True great riches are: allowing God to teach you his words; telling other people what God has said; and walking according to those words.

119:15-16. Be aware of God's words

The only way to frequently be aware of God's words is when you often meditate them.

Consider God's ways: where he wants you to go and also where he wants you to refrain from going.

Rejoice in God's words. Do not neglect God's words. Therefore, meditate and memorise God's words!

119:97-100. Meditate on God's words all Day long

This will make you wiser than your enemies, give you more insight than your teachers (i.e. teachers in the world) and understanding than the elders (i.e. the leaders of the nation).

119:101-105. God's Word is a lamp to my feet and a light for my path

Keep your feet from every evil path, so that you may be able to obey God's Word. Do not depart from God's words. God's Word is the most attractive you can possess. Therefore, hate every wrong path. Make the Bible the lamp for your feet and the light for your path! Make the Bible your map and compass.

The road of life is often dark; there are pits, nets and traps; dangers abound; enemies lie in wait. BUT, by walking in the light of God's Word you will not stumble (cf. John 8:12)!

Note that because you carry the lamp in your hand, the lamp gives just enough light for the next step! It does not light up the whole road in front of you. In order to see one step further, you need to take that step in the light, which will also move your lamp one step forward.

VII. PRAYER (8 min.)

Pray with one another in response to what God said to you during this gathering. Let every group member take a turn to pray one or two sentences about what God taught him during this meeting.

Pray with one another for one another (Romans 15:30) and for other people (Colossians 4:12).

VIII. THE NEXT MEETING (2 min.)

Hand out the preparation for the next gathering.