

Meeting Meditations

The way in which you start a meeting sets the tone for the rest of your discussion. Before you talk about details and plans, spend some time reflecting on scripture using the following meditative prompts. Choose a couple to use or take your time and use just one at the beginning of each meeting.



Psalms 103:12, "As far as the east is from the west, so far does He remove our transgressions from us."

Meditate on the fact that your sins have been forgiven completely and forever. How does that knowledge make you feel?

Isaiah 1:18, "I, the Lord, invite you to come and talk it over. Your sins are scarlet red, but they will be whiter than snow or wool."

Meditate on the fact that the Lord invites you to come and talk over your transgressions. What does it mean to be invited into forgiveness and restoration?

John 10:11, "I am the good shepherd, and the good shepherd gives up His life for His sheep."

Meditate on the concept of God as your good shepherd and you as His sheep. How does that help you see your relationship with Him in a different light?

John 10:10, "I came so that everyone would have life, and have it in its fullest."

Meditate on the fullness of your life in Christ. How does your relationship with Him meet your deepest needs?

Lamentations 3:23-24, "The Lord can always be trusted to show mercy each morning. Deep in my heart I say, "The Lord is all I need; I can depend on Him!"

Meditate on God as your provider. What new mercies has God provided for you today?

Psalm 145:8, "You are merciful, Lord! You are kind and patient and always loving."

Meditate on these four attributes of God- merciful, kind, patient, loving. Which one do you most need to claim today?

1 Corinthians 2:9, "But it is just as the Scriptures say, "What God has planned for people who love Him is more than eyes have seen or ears have heard. It has never even entered our minds!"

Allow your mind to be blown by the incredible, amazing plans God has for your life – both in this earthly life and in Heaven!

John 3:16, "God loved the people of this world so much that He gave his only Son, so that everyone who has faith in Him will have eternal life and never really die."

Consider the cost involved in giving up your only Son. Now settle into the realization that God the Father was willing to pay that cost to restore His relationship with You.

1 John 3:1, "Think how much the Father loves us. He loves us so much that He lets us be called His children, as we truly are."

See yourself as a child of God. Consider the privileges afforded to those who are children of the King!

Romans 8:38, "I am sure that nothing can separate us from God's love – not life or death, not angels or spirits, not the present or the future, and not powers above or powers below. Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord!"

Do you feel a close connection with God the Father? If not, take a moment to imagine stripping away everything that seems to stand in the way of your ability to receive and accept the fullness of His love.

Luke 15:10, "Jesus said, "In the same way, God's angels are happy when even one person turns to Him."

Take a moment and celebrate with Jesus over all those who have come to faith in our community this month.

Matthew 6:32, "Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these."

What is worrying you right now? What thoughts are consuming your mind? Rest in the realization that God is not surprised by any of it and is already working toward a solution for every situation.

Luke 12:28, "God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. Won't He do even more for you? You have such little faith!"

Consider how God demonstrates His beauty in nature. Think of the love and thought that goes into each tiny piece of creation. Then rest in the knowledge that He will care for you in the same way.