

WEEK OF PRAYER WEDNESDAY #BVWOP

MEDITATION ON SCRIPTURE

Don't forget to sign up for an hour
of prayer at

www.24-7prayer.com/signup/24740e

Psalm 119:15-16

'I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.'

THE POWER OF MEDITATING ON SCRIPTURE

Check out this great post (<http://bvc.so/1newmra>) from the International House of Prayer Kansas City on why meditation on scripture is important, as well as some practical help!

MEDITATING ON GOD

Look at everything that you know already about God – His character and what He has done – and spend a few minutes thinking on these things. This might include what we know from reading the Bible, from seeing Him work in the lives of other people, from looking to creation, and from remembering stories we have been told.

- On a piece of paper – try and write down as many answers to this question – What is God like?
- Now spend 3 or 4 minutes, in silence, thinking about the things you have put. The aim is to listen, through these thoughts, to what God might be saying. Write down anything that comes to mind.

MEDITATING ON SCRIPTURE

- Turn to Mark 4:35-41
- If you can, go to a quiet space and then relax and read the story through quietly.
- Then read it again and as your eyes wonder over the page allow yourself to notice any word or phrase that seems to stand out. Imagine you're in the story, what can you see, smell, hear and what does it feel like?
- Then focus on that phrase and reflect on it in prayer, asking what God might be saying through it.

For more resources check out the link from IHOP Kansas City above.

*'We must get into the word
and the word must get into
us'*

Leroy Eims

CONNECTING

Please share your stories and pictures of what God is doing and saying this week!

stories@birminghamvineyard.com



www.birminghamvineyard.com



www.facebook.com/vineyardbham



www.instagram.com/vineyardbham



[@vineyardbham](https://twitter.com/vineyardbham)



PRAYER TOOL FOR FAMILIES

As a family using the bible story you chose yesterday find out as much as you can online or in books about the time in which the story is set. Draw the story out as you find out bits of information about it.

For under 5's to make it more relevant find out the interesting info and then do a collage of pictures that represent the different bits of information so they can learn more about the depth of the story.