INSTRUCTIONS

Meditating on God's Word

**Getting Started**

Currently, “mindfulness” is a practice that receives a lot of attention in clinical social work practice and is beneficial to many in responding to symptoms. In its current form, this practice emphasizes ideas from eastern religion as described by the author of Dialectical Behavior Therapy. However, mindful meditation and reflection also have deep roots in Christianity and have been practiced for centuries.

For this week’s devotion, visit the website listed in the Instructions section and listen to a devotional of your choice for Monday, Tuesday, or Wednesday. The devotionals on the website allow for a time of reflection, quiet, and meditation on the scripture that can be helpful for putting ourselves in a better place of listening to God and receiving what He may have for us. They are focused on a more meditative approach as described in the scriptures for this workshop.

**Pray**

*Father, your word is truth. As I meditate on your word this week, help it to sink into my heart and mind and to make me more like you. Help me to recall your word when I need it most, either personally or professionally so that I can know the way I need to go and walk in it. Amen*



**Resources**

* Bible
* Website: Pray As You Go



**Background Information**

*Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

Joshua 1:7-8

*Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on His law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither-whatever they do prospers.*

Psalm 1:1–3

*I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds. Your ways, God, are holy. What god is as great as our God?*

Psalm 77:11–13

*Oh, how I love your law! I meditate on it all day long. Your commands are always with me and make me wiser than my enemies.*

Psalm 119:97–98



**Instructions**

1. Review the rubric to make sure you understand the criteria for earning your grade.
2. Listen to the devotional for Monday, Tuesday, or Wednesday of this week on the website [Pray As You Go](http://www.pray-as-you-go.org/home/).

<https://pray-as-you-go.org/ie.php>

* 1. To see a transcript of the devotional you choose, select the “Prayer Details” button located above the audio play button on the website.
1. Navigate to the threaded discussion and respond to the following prompts:
	1. Briefly describe the devotional and content you listened to on the “Pray As You Go” website.
	2. How were the format and approach to devotion the same as or different from what you are used to in your faith tradition?
	3. Describe your experience in listening to this devotional. What emotional impact did it have on you? How did it help you to connect with or hear God? What did you hear God say to you as you reflected on the songs, scripture, or questions? How did this format help you to enter into God’s presence or find a sense of peace?

https://pray-as-you-go.org/ie.php