



**CROSS POINT
COLLEGE**

GROUPS

January 2022

Week 3

MEDITATION

Phillipians 4:8

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Romans 12:2

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Meditation is concentration and intentional focus that can be used to reset our minds, bodies and open us up for God to move. We spend a lot of time memorizing songs, movie quotes, and every flaw about ourselves, but if we turned those mantras into all the things God says about us like we are worthy & loved without doing anything to earn it, it could change the way we approach self-care and how we care for others.

QUESTIONS

What does a day of self-care look like for you? How do you see God on those days?

Do you or have you practiced meditation? What does it look like in your daily routine?

What are some healthy routines that you can implement this week along with meditation to fully embrace this sacred rhythm?

LET’S MAKE A PLAN

Make a plan this week to seek some intentional time of solitude with God. This time can be for 20 minutes or 2 hours; there is no time requirement here. Then, share your plan with your group and try it out this week.

REMINDERS

God values you before you ace the test before you present the project before you graduate with a 4.0 and before you land the best first job after college. You are cherished before you do anything at all. Remember that, memorize that, and meditate on the truth that you are unbelievably loved.

