



# Joshua 1:8 Study Guide

*RELAX & FOCUS*

Blank writing area for the "RELAX & FOCUS" section.

*READ*

Blank writing area for the "READ" section.

*REFLECT*

Blank writing area for the "REFLECT" section.

*RESPOND*

*REST*

*DISCUSS*



## Basic Instructions for Developing a Biblical Meditative Practice

### Joshua 1:8

While studying the Haggadah, the Jewish people applied *siyach or hagah*. Definitions of these Hebrew words could be meditate, commune, or ponder. It was/is a personal way of reading God's words, reflecting on it, responding to it, resting in it, and expressing it, through spiritual discipline, words, and actions. In many Christian faiths today, it is a form of developing a closer relationship with God through deep reflections on HIS word. Many who practice this method of devotion, often follow the steps below:

#### Relax

- Clear space for study. Lay down, sit upright, or go outdoors. Do what feels comfortable to you
- **Relax and Refocus** and center yourself before begin to read.

#### Read

- Choose a verse and read it
- Consider how the details of the verse replicate your daily walk
- **Read** the verse aloud this time, to really hear and bathe in God's words

#### Reflect

- **Reflect** on God's words and place yourself in it as an onlooker. Ask yourself specific questions while involved in the story(s), or perhaps deliberate on questions about the character(s), and circumstance(s). Align yourself with God's thoughts. Concentrate on what it was like more than 2000 years ago; the clothing, the meals, the danger, the refuge! Reflect on whatever comes to mind.



### Respond

- **Respond** to the reading and add your feelings in prayer. God wants to hear your thoughts. He wants you to respond to him. And, although he is not a God of the ego, he still wants to know that you love him.

### Rest

- **Rest** in your thoughts and outlooks about the verse. Consider how prevalent the message is in your life today.

### Discuss

- Pray that God will provide you with someone to portion your lesson and realization with. If you are led to share, then **try it out!** Use the boxes on pages 1&2 to journal on your experience.

We trust that this personal spiritual practice will be beneficial to you. If we can assist you in the process, or perhaps you may just want to share your thoughts on this practice. If so, please drop us a line on our [Contact Us](#) page. May God continue to be present in your life, and remain there to work through YOU! You are one of his precious gifts to humanity. Go out into the world and make him proud! If this practice continues to help you in your journey, please share with your family and friends.

Thank YOU!



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