Food for Thought

For the week following June 21, 2020

1. How would you define meditation from a Christian view?

2. The Psalmist says that he meditates day and night on the law of the Lord. Why would he do this?

   — How would he meditate day and night and still be productive in the world?

3. What are the advantages of this constant focus on God's law? Are there any disadvantages?

4. What's the difference between Christian meditation and other forms (e.g., Eastern meditation)? Why is this significant?

"Meditation"
Psalm 119:97-104

Bill Hogan
June 21, 2020