



Personal Reflection

Take time this week to pray & respond to the following:

Consider for a moment how the conversations you have each day shape and affect the ideas that occupy your thoughts. One or two interactions with others can significantly impact your spiritual development. The journey toward spiritual maturity is too important to leave entirely up to chance encounters with encouragers or discouragers and truth-sayers or deceivers. Followers of Christ need to be in daily communication with Him.

Prayer and meditation are essential spiritual disciplines for one desiring clarity in emotion, thought and belief. Prayer is communication with God—a sharing between the Creator and His beloved creation. Meditation is simply focused thought. Meditating on God’s Word tunes all of your faculties to the signal of His message to you. Prayer and meditation bring clarity. They give insight into who God is, who you are, how the world works and where you belong in it. Taking time to pray and meditate is about prioritizing God over all other influencers in your life.

How selective and intentional are you about the conversations you have and the ideas you entertain? How much priority do you give to prayer and meditation? Is there room for greater discipline in these areas of your life? Do realize that these spiritual disciplines are able to protect you against deception, discouragement and distraction?

Prayerfully seek God in a time of confession, repentance, praise and thanksgiving. Meditate on God’s Word. Ask Him to reveal any untruths that may have, like weeds, become entrenched in your psyche. Commit to let those deceptions and distractions go so that they may no longer inhibit your spiritual growth. Take time to revel in the peace that surpasses understanding as you endeavor to walk with Jesus each day.

I. Conversations & Ideas

II. Praying & Thinking

Philippians 4:4-9

v. 4-7

Disciplined Prayer

v. 8-9

Disciplined Thought

III. Clear & Focused
