

PILATES AND PROVERBS

STARTING

WHAT DO WE THINK WHEN WE HEAR THE IDEA OF MEDITATION?

MEDITATION DOESN'T ENTAIL EMPTYING OUR MINDS, BUT RATHER FILLING THEM WITH BIBLICAL AND THEOLOGICAL SUBSTANCE—TRUTH OUTSIDE OF OURSELVES—AND THEN CHEWING ON THAT CONTENT, UNTIL WE BEGIN TO FEEL SOME OF ITS MAGNITUDE IN OUR HEARTS. DAVID MATHIS

FOR THE CHRISTIAN, MEDITATION MEANS HAVING WHAT WE NEED TO FEED OUR HEARTS. ALLOWING THE WORD TO DWELL IN US.

THE LAW SHALL NOT DEPART FROM YOUR MOUTH, BUT YOU SHALL MEDITATE ON IT DAY AND NIGHT” (JOSH. 1:8).

PSALM 1:1-2 “BLESSED IS THE MAN . . . [WHOSE] DELIGHT IS IN THE LAW OF THE LORD, AND ON HIS LAW HE MEDITATES DAY AND NIGHT

WE STOP
WE PAUSE
WE RELAX
WE TAKE A DEEP BREATH
WE WAIT

SOMETIMES IT TAKES TIME FOR OUR BODIES AND MINDS TO UNWIND. SO WHY NOT TAKE 30 MINUTES IN A QUIET SPACE. UNWIND YOUR BODY AND AS IT DOES BY THE END OF YOUR CLASS, THEN SPEND SOME TIME IN THE QUIET OF YOUR MIND.

READING

READ PROVERBS 3 - CLICK [HERE](#)

PLAY SOME RAIN SOUNDS - [CLICK HERE](#)

TAKE 4 DEEP BREATHS

STOP

PAUSE

WAIT

RE READ PROVERBS 3



KEY IDEAS

WHAT KEY IDEAS CAN YOU PULL FROM THE PASSAGE?

LET LOVE AND FAITHFULNESS NEVER LEAVE YOU
LEAN NOT ON YOUR OWN UNDERSTANDING
DO NOT BE WISE IN YOUR EYES
HONOR THE LORD WITH WHAT YOU HAVE
DO NOT DESPISE HARDSHIP

THIS IS THE WISE LIFE. HOW DOES THIS IMPACT YOUR SEASON?

IT IS THIS THAT WILL KEEP ME FROM CRUMBLING
IT IS THIS THAT WILL DETER ME FROM A WASTEFUL LIFE
IT IS THIS THAT WILL STOP ME FROM CHASING AFTER FALSE LOVERS
IT IS THIS THAT SAVE ME FROM SELF SUFFICIENCY
-KELLER

NOTES