

Big Idea: The strength and courage to go onward is the by-product of meditation on God's Word.

Strong – Supernaturally empowered to complete every assignment God gives.

Why did Joshua need to be strong? What was waiting for him on the other side of the Jordan?

What is the world's understanding of strength?

List the three heaviest things you are carrying. What makes them so heavy?

Does God call you to do things that you are not strong enough to do?

Strength is not tested until you get a clear assignment from God. How has God grown your strength through difficult assignments in the past? What assignment has God given you for which you will need a strength beyond yourself?

Discuss this statement: *"Don't ask for tasks equal to your powers. Ask for powers equal to your tasks."*

How does an entitlement mentality prevent a person from moving onward in strength?

Courageous - Abundant confidence in God's presence and promises in the face of fear.

Discuss this statement: *"Courage is not the absence of fear, but rather the judgment that something else is more important than safety."*

Discuss this statement: *"Courage is not needed until God gives you something so scary, it will be impossible to go onward without him."*

What is the most courageous thing you have ever done?

What giants are you facing for which you need courage?

How does the promise of God's presence build courage?

Meditation - Quiet contemplation on God's self-disclosure in scripture.

What is the world's idea of meditation?

How is meditation like a cow's digestive system?

Discuss the art of meditation as described below...

1. Remember Who the Bible is about.

2. Know what you are looking for.

- God is Holy
- Sin is costly.
- Faith and obedience are blessed.
- Jesus is enough.
- Hope is alive.

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3. **Invest the time.**
 4. **Ask good questions.**
 5. **Record what you discover.**
 6. **Obey it.**
 7. **Share it.**

How does meditation differ from devotional reading?

Discuss this statement: "The meaning of the scripture is determined by the author, not assigned by the reader."

Do you have a daily appointment with God to meditate on his word? Is morning or evening better for you?

What tools do you use to aid the art of meditation?

Do you use a journal to record your meditations?

God promises success for those who meditate on his word. What would you do this week if you knew there was absolutely no chance you could fail?

Additional Scripture

- Psalm 119:18
- Psalm 1:1-3
- Psalm 19:14
- Psalm 119:97-102
- James 1:21