



HEARTS *at* HOME

Questions from the Video:

1. What thoughts or feelings come up when you first think about meditation?
2. Do you journal, practice breathing, gratitude or growth mindset already? How have you seen those practices impact your daily life?
3. Do you agree that your feelings and thoughts are not always "true"? Have you ever recognized moments where your feelings haven't been true and how did your response change?
4. Have you ever gone to a meditation retreat or experience? What was it like?
5. What is the one thing you will take away and start incorporating into your life?

Encouragement from Scripture:

1. What does the bible say about meditation?

Psalm 19:14 ESV

Joshua 1:8 ESV

Philippians 4:8 ESV

2. How can the practice of meditation help guard and guide your heart?

Proverbs 4:23

Please share prayer requests and take time to pray for one another