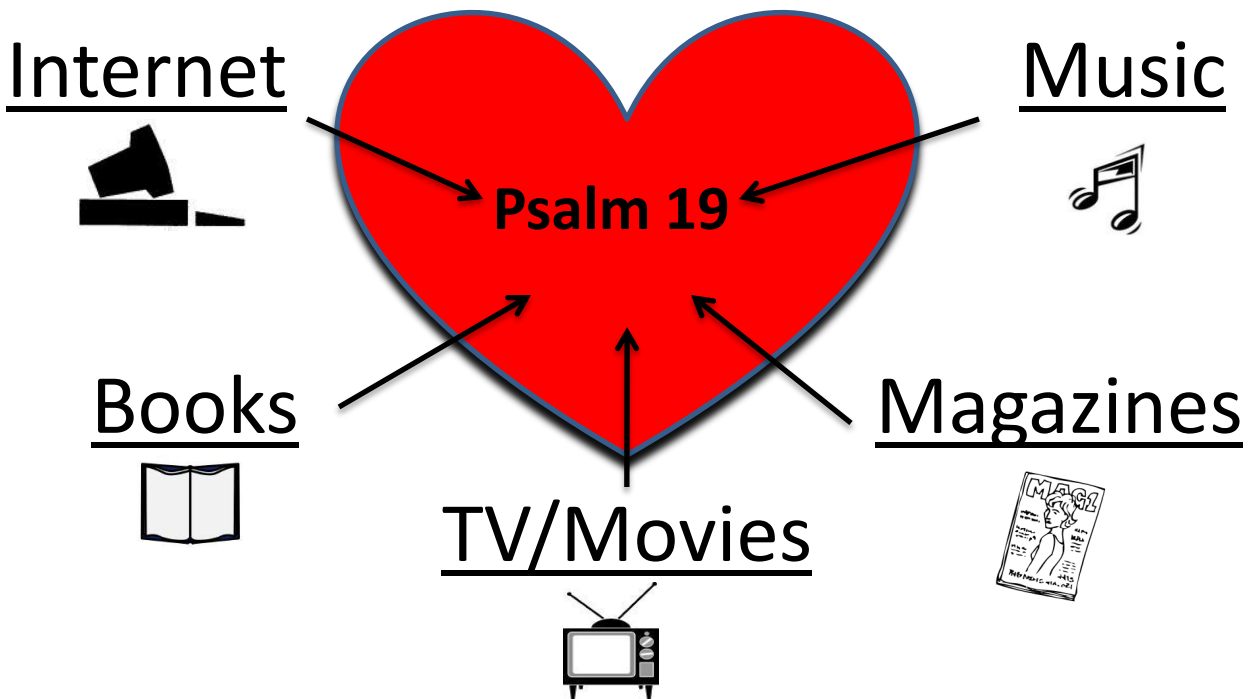


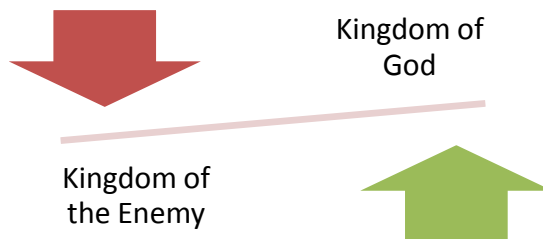
Channels of Meditation

Meditation is the filling of our hearts with either truth or lies.

“A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart”
Luke 6.45 (NLT).



Consume truth and expand the Kingdom of God.
Consume lies and expand the Kingdom of the Enemy.



“The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly” John 10.10 (NASB).



Music Meditation

List 3 of your favorite songs and corresponding truth/lies that you may be meditating on :

1) Title: _____

Lyrics: _____

2) Title _____

Lyrics: _____

3) Title _____

Lyrics: _____



Food for thought: Can you pray these lyrics as promises back to God?

Are the lyrics you're meditating on expanding the Kingdom of God or the Kingdom of the Enemy? _____ Why? _____

How much time do you spend meditating on music? _____

If there is sin described in the lyrics, how can you distinguish if the sin is being glorified or used to illustrate redemption? _____

Do you think the lyrics are more important than the style of music? _____

Do you feel like the Holy Spirit would like you to change your music meditation? _____

Why? _____

Do you have local Christian radio stations? _____ List them _____

Do you have XM or Sirius in your car? _____ What are the Christian stations? _____

Do you have Christian music cable channels? _____ List them _____

Would you like to support Christian musicians, stations, concerts and other Christian music venues? _____ What can you do to expand the Kingdom of God with Christian music? _____

Pray and ask the Holy Spirit to give you a desire to listen to music worthy of being played for God's glory in heaven. How will you begin to aggressively surround yourself by truth-filled music? _____



Magazine Meditation

List five magazines that you'll flip through at the grocery store check-out line:

1. _____
2. _____
3. _____
4. _____
5. _____

Do any of these magazines make you feel insecure, fat, ugly or unworthy? _____

Do any of these magazines make you want (covet) things you don't have? _____

Do any of these magazines make you partake in mass-media gossip? _____

Do any of these magazines make light of sin? _____

Do any of these magazines distract you from your purpose of loving God and others? _____



Food for thought: Do you think that many mainstream magazines are searching for joy in all the wrong places. Why do these magazines continuously seek after the newest trends?

How much time do you spend reading magazines? _____

What magazines do you think you should give up reading? _____

What magazines do you think you can continue reading? _____

What magazines can you start reading? _____

Do you subscribe to any Christian magazines? ___ List them: _____

Do you subscribe to any online Christian magazines? _____ List them: _____

What is different about online magazines (Internet Café, Exemplify Online & Magazine, Truth Media, ChristianityToday.com) vs. the popular people magazines at the stores? _____

Would you like to partner up with Christian magazines to help expand the Kingdom of God? ___ What can you do to grow these ministries? _____

Are there any local Christian magazines/newspapers/journals in your town? _____
List them: _____

How can you support these ministries? _____



TV/Movie Meditation

How many hours of TV do you watch a week? _____
How many hours do you spend talking with God (prayer) and reading His Word? _____
If you don't have time to spend with God, would you be willing to sacrifice some of your TV time?
List five shows that you like to watch when you can: _____

Is there any subject matter in these shows that do not speak truth to your heart? _____
List some lies found in these shows (e.g. premarital sex, fixation on material wealth, use of spiritual guides other than prophets – mediums, palm readers, psychics): _____

What do you think the lies are doing to the wellspring of your heart? _____
Do you have access to more godly TV shows? _____ Many ministries are forging their way onto television. Which shows might pique your interest? _____

Will you make an exerted effort to find TV shows that speak truth to your heart? _____
Would you seek out Christian mini series, learning DVDs or Christian comedy shows? _____
List some resources that you can already think of: _____



Food for thought: Entertainment is subjective. Find joy in watching resources filled with truths, and God will surely bless you.

List three movies that you wanted to walk out of because the subject matter was filled with lies: _____
Has the Holy Spirit prompted you away from certain movie genres? _____
Do you look for Christian reviews before watching a movie? _____ Will you make that a priority?
Once the movie is over, would you be willing to discuss the movie with a partner so that you can pluck out the lies and go over the truths? Who could you discuss movies with? _____
List one movie that you have watched recently: _____
List some lies found in that movie: _____

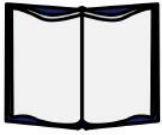
List some truths found in that movie: _____

Do you like watching faith-based movies? _____ What are some of your favorites? _____

If you don't like Christian movies, why not? _____

Would you ask the Holy Spirit to open your heart to faith-based movies? _____
How could mass support of faith-based movies expand the Kingdom of God _____

What can you do to start cultivating faith-based movie meditation? _____



Book Meditation

What are your favorite genres? _____

List three of your favorite books: _____

Are any of these books faith-based or Christian fiction? _____

List some of your favorite Christian authors? _____

What faith-based book or Christian fiction novel have you read recently? _____

List some truths that you gleaned from this book _____

Do you think the Holy Spirit wants you to meditate more on Christian writings? _____

Why? _____

How can you begin to support Christian authors? _____

Will you cultivate a love for Christian literature? _____ How can you begin to fill your heart with truths found in Christian books? _____



Food for thought: If you are reading a Christian author, you are allowing that person to be your spiritual mentor. How can learning godly insights from others help you with your relationship with God?

Have you ever been deceived by a false prophet? _____ Who was the author and what was the book? _____

What caused you to realize that you were reading a false prophet? _____

What can you do to ensure that the author your reading is a genuine prophet of God? _____

Will you research a book or author before meditating on the words? _____ How can you research the validity of a book? _____

Many times false prophets will take a truth and add a splash of lie into it. Have you ever been misled by something that sounded like truth, but in reality was a lie? _____

What happened? _____

Will you make an effort to look for book endorsements, book publishers, book reviews, the author's church or ministry before reading a book? _____ Do you have trusted spiritual leaders who will help you decide if a book is written by a false prophet or not? _____

Who? _____

If all else fails, skim through the book and look for the name, "Jesus." Then look to see if Jesus is considered the Son of God come to bring salvation or just a prophet who lived a good life.



Internet Meditation

Check which online resources you use:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Email | <input type="checkbox"/> Blog | <input type="checkbox"/> Online sermons | <input type="checkbox"/> Gossip pages |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Digital Magazines | <input type="checkbox"/> Online libraries | <input type="checkbox"/> Style trends |
| <input type="checkbox"/> My Space | <input type="checkbox"/> Online Ministries | <input type="checkbox"/> Shopping | <input type="checkbox"/> Famous people |
| <input type="checkbox"/> Bible research | <input type="checkbox"/> Entertainment | <input type="checkbox"/> You Tube | <input type="checkbox"/> Conferences |
| <input type="checkbox"/> Photo s | <input type="checkbox"/> Home searches | <input type="checkbox"/> Gaming | <input type="checkbox"/> Meeting people |
| <input type="checkbox"/> Pornography | <input type="checkbox"/> Recipes | <input type="checkbox"/> Advertisements | <input type="checkbox"/> Music |
| <input type="checkbox"/> News | <input type="checkbox"/> Other _____ | | |

How much time do you spend online? _____ How much of that time is unnecessary? _____

Seek the Holy Spirit's guidance. Do you have an online usage that is a waste of your time? _____

How could you better use that time to expand God's Kingdom? _____

Are you using the Internet gluttonously or are you able to balance its use? _____



Food for thought: Reading or watching the intimate lives of others online without their consent is gossip. How has the Internet fed us lies that it is okay to intrude on people's privacy?

List several resources online that greatly expand the Kingdom of God: _____

List several resources online that greatly expand the Kingdom of the Enemy: _____

Do you think that the Holy Spirit wants us to fill our hearts with all the information available online? What would be the result? _____

Will you allow the Holy Spirit to guide you in the knowledge that He has chosen for you? _____

Will you pray about Internet information before you begin to meditate on it? _____

Have you ever read something or watched something online that you wished you hadn't? _____

What lies were you forced to meditate on because of it? _____

Have you ever felt the Holy Spirit tell you to get off of the computer? _____ Why? _____

If you produce for an online resource (blog, ministry site, Facebook, etc.) how can you safeguard yourself from allowing the Internet to become an idol (an idol is anything that you value more than your relationship with God)? _____

Can you put a time limit on your Internet usage or weekly restraints (e.g. only get online three days a week)? _____ Ask the Holy Spirit how you can ensure that the Internet doesn't take over your life.

Write down suggestions: _____