



That's Not Godly

“Do not seek revenge or bear a grudge against anyone among your people but love your neighbor as yourself. I am the Lord.”

Leviticus 19:18



That's Not Jesus

To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.

Mark 12:33



That's Not Christian

For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

Galatians 5:14



Be Still
and know that I am God



Being Still

Hate: intense hostility and aversion usually deriving from fear, anger, or sense of injury



Being Still

Hate: intense hostility and aversion usually deriving from fear, anger, or sense of injury

Escalation: An increase in the intensity or seriousness of something; an intensification.



Being Still

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you that you may be children of your Father in heaven.”

Mark 5:43-45



Spiritual Disciplines of Stillness

Solitude

Fast & Pray

Meditation

Rest



Think Before You Speak

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:8



Think Before You Speak

- | | |
|-----------------|------------------------|
| 1. True | 5. Lovely |
| 2. Noble | 6. Admirable |
| 3. Right | 7. Excellent |
| 4. Pure | 8. Praiseworthy |



Think Before You Speak

- | | |
|----------|-----------------|
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What do they all have in common?



Think Before You Speak

- | | |
|----------|-----------------|
| 1. True | 5. Lovely |
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What do they all have in common?
They are **ALL Positive**



Negative Facts

Negative speech comes from a negative thought process



Negative Facts

Negative speech comes from a negative thought process

A negative thought process comes from a focus on negative things



Negative Facts

Negative speech comes from a negative thought process

A negative thought process comes from a focus on negative things

A negative focus is directly connected to a negative choice



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7

Principals of Good Meditation

(Psalm 119:10-16)



Good meditation begins with a dedicated heart

I seek you with all my heart; do
not let me stray from your
commands.

v. 10



**Good meditation
depends on looking at what
God has done in your life**

**Praise be to you, Lord; teach me
your decrees**

v. 11



Good meditation requires me to learn

Praise be to you, Lord; teach me
your decrees

v. 12



**Good meditation means
I speak wisely and don't
just make noise**

**With my lips I recount all the laws
that come from your mouth**

v. 13



Good meditation creates Rejoicing

I rejoice in following your statutes
as one rejoices in great riches

v. 14



**Good meditation allows me
to focus my thoughts on
God's purpose for my life**

**I meditate on your precepts and
consider your ways**

v. 15



What is your purpose?



Our purpose is to give glory to God by **meeting** people where they are, **sharing** Jesus with them in a meaningful way, and **encouraging** them to live in a growing relationship with Him.



Jesus Focused

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

Mark 10:45




**Good meditation helps me
discover Joy in my walk**

**I delight in your decrees; I will
not neglect your word.**

v. 16





**Be Still
and know
that I am God**

Meditation