

## EVENTS AND ANNOUNCEMENTS



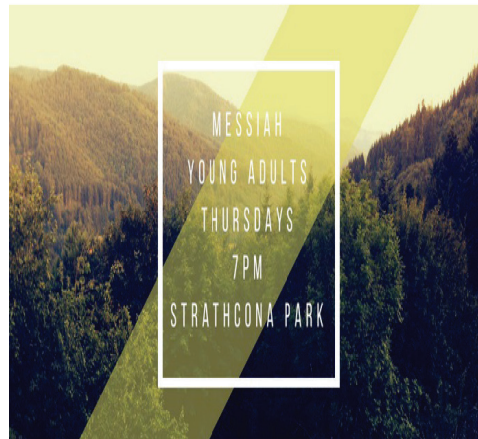
**Wednesday**

7:30pm - @ 84 Fairmont

**Thursday**

10am - Moms & Tots (see Anna  
Hadwen)

7pm - @ 267 Sunnyside Ave  
@ 110 Nelson St



**Open House!**

**June 30th, 2018**

**1:00pm - 4:00pm**

**@The Bible House**



**GAFCON Fund update:**

Total received to date: \$7165  
Estimated total expenses: \$8000  
GAFCON takes place June 17-22 in  
Jerusalem



**WELCOME TO CHURCH OF THE MESSIAH!**

We are glad you are here! We are a prayerful, Bible-teaching, evangelical church in the heart of the city with a heart for the city and the world. We are a member of the Anglican Network in Canada and part of the Fellowship of Confessing Anglicans. We seek to be a biblically faithful and orthodox church within the Anglican Way of following Jesus.



**Are you new? Get connected!**

Is this your first visit to Church of the Messiah? Thank you for being with us. Interested in learning more about Messiah and getting connected? See the contact info below.



**Nursery & Sunday School**

Nursery (0 - 24 months) and Sunday School (2 yrs - Grade 6) are available at the 10am service. Nursery children meet in the Green Room in the basement (ask a door host). Sunday school kids are invited to follow the cross after the last worship song.

*Making disciples of Jesus, gripped by the gospel, living for God's glory.*

Rev Canon George Sinclair - Rector

Twitter: @messiah\_church

Facebook: Church of the Messiah, Ottawa

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messiahchurch.ca

613 235 0596

info@messiahchurch.ca



Today's service:  
bible.com/  
events/433604

office & mailing address: 315 Lisgar St. Ottawa ON K2P 0E1

June 24th, 2018

Eat These Words (Part 2)

Dear Friends,

Last week I talked a bit about how to memorize the word of God. Please do commit to memorizing God's word over this 12 week sermon series. Today I want to talk a little bit about meditating on the text.

To begin with, there is a bit of a difference between meditating with the help of the eyes and meditating without the help of the eyes. There is also a bit of a difference between meditating on God's word with the help of the hand and meditating without the help of the hand. This obviously gives four options, I won't go through each, just explain the choices. Please remember that there is no all-time best option. We are all different , so some options or one option is best for one person, another for another person. You might quickly recognize what is best for you or you might want to try the different combinations of the options and discover what works best for you.

On the eyes as a help or hindrance in meditating upon God's word. The issue here is whether you have the written text in front of you for your time of meditating, or you have the text memorized and think through the bible passage without it written down. On the hand as being a help or a hindrance in meditating upon God's word. The issue here is whether or not you write your thoughts down either by pen or keyboard as you meditate.

As you have probably gathered, for a Christian, meditating upon God's word is quite different than much Eastern meditation. We do not repress the mind or seek to transcend the mind, go beneath the mind, or go beyond the mind. We do not seek to 'empty' the mind. Instead, we prayerfully seek to be fully open, reflective, attentive and honest with God's word written. This is the heart of meditating upon God's word. How do we do this? Here are a few pointers.

First, ask the Lord to help you rest in His word; to attend to it; to listen to His word. In other words, ask Him to help you meditate upon His word.

Second, take note of the parts of the verse and its flow. The verse has a beginning and an end. It says certain things rather than other things. Notice this and appeal to God about it. Why God do you say this? Why not this?

Third, take each word, each phrase, each sentence seriously. God has spoken, God is speaking. You want to hear the word with all it's nuances and all its simplicity.

Fourth, spend some time on parts of the passage. Use each part as a launch pad for your own prayers of adoration, confession, thanksgiving, intercession and petition. In a sense, you are extrapolating from God's word. You are also adorning or festooning what God has said.

Fifth, still on the theme of being fully open, reflective, attentive and honest with God's word, talk to Him about what you do not understand. Ask Him to help you understand this part of the verse.

Personally, I find it most helpful to have the written text before me. In fact I often write the verse out by hand, Then I put my pen down and reflect and attend and pray and talk and confess and ask without the help of writing. But each person should find what helps them the most. Please pray for me. I am praying for Messiah.

George+

Deeper: Meditating on God's Word

Reading: Psalm 86:11

SERMON NOTES

Horizontal lines for sermon notes.