



UCJC REFLECTION QUESTIONS

SUNDAY, FEBRUARY 6, 2022 | SERIES: PRAYER - THE CATALYST

Meditation: The Key to Mind Renewal & Effective Prayer - Minister David Bailey

Key Scriptures:

Joshua 1:8 / 1 Timothy 4 / Romans 8:5-8 / Romans 12:1-2 / Psalms 119 / 1 John 2:1-2 / Philippians 4:8

Reflection Questions:

1. How can taking time to meditate on God and His word help you unpack all of the distractions of your day, and provide a boost to your prayer life?
2. Read Philippians 4:8. How can this scripture be helpful in renewing how you think? And how does renewing how you think impact how you pray?
3. What are some ways biblical meditation can help improve the way you see yourself and approach your circumstances?
4. Read Romans 8:5-8 and describe the mind-heart-mouth connection as it relates to meditation in prayer.
5. Thinking about Joshua 1:8, how does meditation on God's word in prayer help you respond to the things He has called you to do?

Answers & Notes: You can use the space below to write in, or type in on the pdf electronically: