

Giving Oneself to Studying and Meditating Syllabus



Instructors : Bros. Maurice Williams /Antoine Johnson

PART II - A Study on Meditation

(1) The Importance and the Purpose of Meditation

- In this lesson we will define Meditation and search the scriptures for evidence of its importance, its purpose and its benefits.

(2) How to Meditate

- In this lesson we will discuss The Six Step Method of meditation.

(3) On what do we Meditate

- This lesson will consist of an in depth search of the scriptures on things that we should meditate on. We will also discuss those things that we should not meditate upon.

(4) When and Where to Meditate

- Meditation is conducted in various places at various times. We will search for and discuss biblical examples of when and where to meditate on God's word.

(5) From Studying to Meditating

- In this lesson we will discuss how we transition from studying God's word to meditating on it. It will also serve as a small review of our lessons on Giving oneself to Studying and Giving oneself to Meditating

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