BIBLE STUDY

Thanks for Nothing

RESONATE

Thanks for nothing

(a thanksgiving study)

During this week of Thanksgiving, we are going to learn and practice a spiritual discipline called meditation. This is actually a biblical principle even though this word often uses the term to describe the mystic practices of the eastern religions. However, we will recapture the truth of this discipline and apply it to our lives.

DAY 1 / DAY 2 / DAY 3 / DAY 4 / DAY 5

In the book “Celebration of Discipline” by Richard Forster, meditation is defined as “the ability to hear God’s voice and obey his word.” The idea of meditation involves “listening to God’s word, reflecting on God’s works, rehearsing God’s deeds, ruminating on God’s law, and more. In each case there is stress upon changed behavior as a result of our encounter with the living God.”

God desires a personal relationship with us. Meditating on His word, works, and ways enable us to further understand God in a more intimate way. The knowledge of who God is increases our love for Him, which in turn causes us to desire to change our lives in order to please Him. That is why meditation is not a mere gaining of head knowledge. Instead, it helps us to evaluate our hearts so that we can turn away from our sinful ways. The book of James elaborates on this point:

> 22Do not merely listen to the word, and so deceive yourselves. Do what it says. 23Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror 24and, after looking at himself, goes away and immediately forgets what he looks like. 25But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

James 1:22-25

This week we will be challenged to look intently into the Word of God for the purpose of change being manifested into our lives. The passage of Scripture that we will meditate on is Luke 17:11-17.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine?

DAY 1

The Word

Today’s Scripture:

Luke 17:11-17

Pray and ask God to open up your mind to understand His living Word.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine? Luke 17:11-17

What stood out to you when you read these verses?

What qualities of Jesus are represented here?

Think through those qualities throughout the day. Confess any sin that God brings to mind as you consider how far short you fall of being like Jesus. Repent from those sins. Repentance is turning away from them. Confession is meaningless if we refuse to repent. It is time to put away those sins that entangle us and walk towards being more like Jesus.

DAY 2

The Word

Today’s Scripture: Luke 17:11-17

Thank God for what He taught you yesterday. Ask God to open your heart to receive more of His love in order that you may love Him more.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine? Luke 17:11-17

What stood out to you when you read the passage?

How can you apply these verses to your life today?

Ask the Spirit to bring these verses to you throughout the day. Make notes here of when the verses came to mind and how they were helpful to you.

DAY 3

The Word

Today’s Scripture: Luke 17:11-17

Ask God for the strength to live out the truths that He is teaching you.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine? Luke 17:11-17

What sins are being brought to mind this week that you need to repent of?

What attributes of Jesus need to replace the sins that you are turning from?

DAY 4

The Word

Today’s Scripture: Luke 17:11-17

Praise the Lord for all He is teaching you about Himself.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine? Luke 17:11-17

Close your eyes and imagine these verses as if you were watching them on a movie screen. What new insights did you gain by picturing the scene?

DAY 5

The Word

Today’s Scripture: Luke 17:11-17

Ask God to speak to you in a direct way as you read His Word.

> 11Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. 12As he was going into a village, ten men who had leprosy met him. They stood at a distance 13and called out in a loud voice, "Jesus, Master, have pity on us!" 14When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. 15One of them, when he saw he was healed, came back, praising God in a loud voice. 16He threw himself at Jesus' feet and thanked him—and he was a Samaritan. 17Jesus asked, "Were not all ten cleansed? Where are the other nine? Luke 17:11-17

Write down anything God spoke to you in your Spirit.

How will you apply what God has taught you these past few days?

You have spent the past few days beginning your journey into the discipline of meditation. Continue to develop this skill in your life for it will lead you to greater intimacy with God, which Thomas a Kempis calls “a familiar friendship with Jesus.” Each day continue thinking on God’s Word, God’s works, and God’s ways throughout the day. This meditation will help you fall more in love with Jesus.