**Icebreaker:** If you could combine any 2 animals what would you choose? Why?

1. Read **John 1:29-42**. a) What is the author’s intent with these stories? What role does this text play in the greater Biblical narrative (i.e. John the Baptist, Jesus’ first disciples etc.)? Do this until you feel you have a good understanding of the context.
2. Take some time to read this text quietly over and over again, slowing down when something grabs your attention. After a few minutes of doing this in silence, pray over what you found applicable. When ready share with your group what stood out to you.
3. Next, take one verse (or part of one) from this passage (perhaps one that stood out to you), now slowly read it over emphasizing each word. After a few minutes share with your group what you learned from the specifics and if this further challenged you.
4. Consider if there is any relevance to what you’ve meditated on. Do you feel compelled to take some sort of action? Share if you’re willing.
5. Before reading **Psalm 145**, briefly consider its context. This is a praise Psalm of David. He is specifically sharing the praiseworthy character of God as King. This Psalm can be divided into 3 parts: The King’s majesty (v1-10), His enduring kingship (v11-13a), and how the King cares for this people.
6. After reading it, pick one or two verses that you can memorize. Don’t be afraid to say it out loud as you try to remember. Take about 5-10 minutes. As you’re practicing, be sensitive to what stands out.
7. Recite your verses to you group. After reciting, share if there was anything from the verse(s) that you were drawn to focus on.
8. Is there anything from these exercises that would benefit you to apply to your time with God? To your daily or weekly routine? Discuss any concluding thoughts from the teaching and from your meditation tutorial.