

Habits of Grace; *David Mathis*

Discussion Questions- Noted by Keith McMinn

Chapter 3: Warm Yourself at the Fire of Meditation

- 1. How does Whitney define meditation? (p. 55)**

- 2. Why is it underrated and misunderstood? (p. 55)**

- 3. What do we receive when we meditate & why is it important? (p. 55)**

- 4. How is Christian meditation different than others? (p. 56)**

- 5. How do we meditate in Christian worship? (p. 56)**

- 6. Why does Biblical content in songs matter? (p. 56)**

- 7. Define Christian meditation. (p.56)**

- 8. What Scriptures come to mind when we think about meditating day and night? (p. 56 – 57)**

- 9. What are the benefits of meditation? (p. 59)**

