

Meditate Like Jesus
Luke 10: 38-42
Pastor Kendrick Weaver
St. Mark United Methodist Church
March 12, 2023

0:00 Meditate Like Jesus – Word Association

7:00 Biblical Definition of Weariness: Engaging in An Activity While Feeling Defeated and/or Uncertain

10:05 Everyone Meditates on Something: Things You Talk About Over and Over Reveals Your Meditative State

14:21 Mouth Follows Meditation and Meditation Follows Mouth

23:03 The Words We Utter Leads Us Into a Meditative State: You Choose

23:47 Assignment: Repeat the Affirmation 48 times a day