

Meditate Like Jesus, Part 3
Genesis 15:1-6; Matthew 6:25-34
Pastor Kendrick Weaver
St. Mark United Methodist Church
March 26, 2023

0:00 Meditate Like Jesus – Word and Image Association

4:14 Orientations to Meditative Practice

8:44 Two Negative Meditative Loops – Worry and Doubt

10:50 Knowledge is Irrelevant in the Presence of Worry

13:03 Doubt Becomes Stronger When Mixed With Pride Or Ignorance

15:17 Change Your Words, Change Your Life; Change your Gaze, Change Your Life

23:26 Being So Focused on Your Worry or Doubt, You Can't Hear God Wooing You Back
to His bosom

26:09 Meditation

37:43 Assignment