



# RCCG OCEANIA

Spiritual Disciplines

## Believe and Meditate on God's Word

### At a Glance

#### BIG IDEA

"All things are possible" is not a slogan—it's a call to active belief in what Jesus says. Joshua 1:8 shows that sustained attention to God's Word leads to careful obedience and a steady path forward. This study helps your group connect belief, Scripture meditation, and daily practice without drifting into vague inspiration.

#### PRIMARY PASSAGES

Mark 9:23

Joshua 1:8

Numbers 1:5

## Key Takeaways

- Jesus links possibility with believing (Mark 9:23).
- God's Word is meant to stay present in our speech and thinking, not only in occasional reading (Joshua 1:8).
- Meditation in Scripture is tied to doing—careful, consistent obedience (Joshua 1:8).
- God's people are named and ordered; faith is practiced within real community and responsibility (Numbers 1:5).
- Let belief be shaped by Scripture, not by circumstances or emotions (Mark 9:23; Joshua 1:8).

## Introduction

Belief in Jesus is not merely agreeing with ideas; it is treating His words as dependable when pressure, uncertainty, or fear rises. Scripture also shows that strong belief is nourished through sustained attention to God's Word—keeping it present in speech and thought, and letting it shape actions. This study connects believing, meditating on God's Word, and daily obedience, so faith becomes steady practice rather than vague inspiration.

## Scripture Reading

- **Mark 9:23** — Jesus directly connects what becomes possible with believing, calling for trust in His word rather than surrender to the limits of a situation.
- **Joshua 1:8** — God instructs Joshua to keep the Book of the Law continually present—spoken and meditated on day and night—so that careful obedience guides his path.
- **Numbers 1:5** — As Israel is organized, specific leaders are named, emphasizing that God's work among His people involves real responsibilities within community life.
- **Ephesians 40:8** — This citation does not correspond to an actual chapter in Ephesians. Verify the intended reference before using it as a cross-check, and keep the study anchored in the primary passages listed.

## Key Points

**1. Possibility Begins With Belief** — Jesus' statement in Mark 9:23 places the focus on believing Him. The issue is not only what is happening around us, but whether we will treat Jesus' words as reliable and authoritative. Biblical belief is active: it leans the weight of the heart on what Jesus says. This kind of belief does not deny difficulty; it refuses to let difficulty become the final word. When belief weakens, people often start interpreting Jesus through circumstances. Jesus reverses that order: circumstances are to be faced through trust in His word.

- Identify one current pressure-filled situation and write a one-sentence confession of what you choose to believe Jesus for in it (based on Mark 9:23).
- Practice replacing "if God can" language with "since Jesus has spoken" language in prayer and conversation.
- When doubt rises, pause and state aloud one specific thing Jesus has said that you will treat as dependable.
- Ask: "What would obedience look like if I truly believed Jesus here?" and take one concrete step.

Scripture: Mark 9:23

**2. Keep the Word Close** — Joshua 1:8 describes a life where God's Word stays near—not only read occasionally, but kept present in everyday speech and thinking. The instruction includes what is on the mouth (spoken) and what is in the mind (meditated). Keeping God's Word close is not a performance; it is a pattern. Repetition forms reflexes, and reflexes shape responses when life becomes demanding. This kind of closeness also guards against a faith built only on emotion. God's Word becomes the steady reference point that re-centers the heart.

- Choose a short portion of Scripture from Joshua 1:8 to repeat each day until it becomes familiar and ready on your lips.
- Build "Word reminders" into ordinary routines (waking, meals, work, rest) by setting brief moments to recall a phrase of Scripture.
- In conversations, practice speaking God's Word naturally (not as slogans), using it to guide decisions and attitudes.
- Reduce distractions in one daily window so meditation is possible (even a brief, consistent time).

Scripture: Joshua 1:8

## Key Points (cont.)

**3. Meditation Leads to Obedience** — Joshua 1:8 ties meditation to a purpose: “so that you may be careful to do” what is written. Biblical meditation is not empty reflection; it is sustained attention that produces alignment with God’s will. Meditation helps move Scripture from information to formation. As God’s Word is held in the mind and heart, it exposes motives, clarifies choices, and strengthens resolve to obey. Obedience here is described as careful—not impulsive or selective. Meditation supports steady faithfulness in both small decisions and larger responsibilities.

- Name one command, principle, or correction from God’s Word that you already know but have delayed practicing; commit to one step of obedience.
- Use a simple meditation pattern: read Joshua 1:8 slowly, repeat a phrase, ask what obedience requires, then act on one clear response.
- Invite accountability: share one obedience goal with a trusted believer and set a time to follow up.
- At day’s end, review: “Where did I follow God’s Word today, and where did I resist it?” then pray for careful obedience.

Scripture: Joshua 1:8

**4. Faith Is Lived in Community** — Numbers 1:5 names specific leaders as part of organizing the people. This highlights that God’s work among His people involves real names, real roles, and accountable leadership. Belief and obedience are not meant to remain private ideals. They are practiced in relationships, responsibilities, and shared life where faith is tested and strengthened. Community life also provides structure for faithfulness: encouragement, correction, and coordinated service. In such settings, meditating on God’s Word becomes practical wisdom for how to treat others and carry responsibility.

- Identify one role or responsibility you have (family, work, service, neighbor) and ask how believing Jesus should shape your actions within it.
- Choose one relational practice to strengthen community faithfulness: encouragement, truthful conversation, forgiveness, or practical help.
- Seek clarity and accountability in any leadership or service role you carry; aim to be dependable and transparent.
- Pray regularly for the people you are responsible for, and let God’s Word guide how you lead or support them.

Scripture: Numbers 1:5

## **Group Discussion**

Tip: Use these questions to guide the group from seeing → understanding → applying.

### **Observation**

- In Mark 9:23, what two realities does Jesus connect, and how are they linked in the sentence?
- In Joshua 1:8, what specific actions are commanded regarding God's Word (note speech, meditation, and doing)?
- What time frame does Joshua 1:8 give for meditation, and what does that imply about frequency and consistency?
- What outcome is promised in Joshua 1:8, and what conditions are attached to it?
- In Numbers 1:5, what do you notice about names and roles, and what does that reveal about community life among God's people?

### **Interpretation**

- What might it look like to "believe" in a way that changes decisions rather than only feelings (Mark 9:23)?
- Why do you think Joshua 1:8 links meditation with careful obedience instead of separating them?
- How does keeping God's Word "in the mouth" shape daily patterns, relationships, and reactions (Joshua 1:8)?
- What is the difference between biblical meditation and general reflection, based on Joshua 1:8?
- How does Numbers 1:5 challenge the idea that faith is only personal and not connected to responsibility and leadership?

## **Application**

- Where are you most tempted to let circumstances, fear, or emotion define what you believe instead of Jesus' words (Mark 9:23)?
- What is one practical habit you can begin this week to keep God's Word close in speech and thought (Joshua 1:8)?
- Which area of obedience needs to move from "I know" to "I will do," and what is one measurable step (Joshua 1:8)?
- How can the group help one another believe and meditate on God's Word in a consistent, non-performative way?
- What responsibility or relationship in your life most needs faithfulness shaped by God's Word, and how will you act differently (Numbers 1:5)?

## **Prayer Focus**

- Ask God to strengthen your belief in what Jesus has spoken.
- Pray for a steady habit of meditating on God's Word day and night.
- Request grace to obey Scripture carefully and consistently.
- Pray that your words and decisions would be shaped by God's Word.

## **Next Step**

Choose one short passage to meditate on daily, speak it aloud, and take one specific step of obedience it calls for.

## **Conclusion**

Believing Jesus opens the heart to what He says is possible, while meditating on God's Word keeps that belief steady and practical. Joshua 1:8 shows a sustainable pattern: keep Scripture present, meditate consistently, and obey carefully. Numbers 1:5 reminds us that this faith is lived among real people with real responsibilities. Commit to believe, to meditate on God's ...

## **Conclusion (cont.)**

Word, and to practice obedience in everyday life within community.

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