**8. Meditate on stories （Ｉ）**

Objective: Learn to meditate on biblical stories.

1. 15 Minutes of Sharing: How was your quiet time last week?
2. Meditate on Mark 4:35-41 (Have practiced: context, key words, memorizing, compare different translations, paraphrasing, ask questions, apply to life, pray with the scripture，chart or drawing, journaling)

One method to meditate on a biblical narrative is to find out the major theological teachings. Usually, when we meditate on the story in context, and identify the main characters or the main plot of the narrative, we can find out the major theological teachings of the narrative.

1. Use 2-3 sentences to tell the story. Focus on the big picture of the story: when, where, who and what happened? Identify the main characters and the main plot of the story.
2. Meditating on the main characters and the main plot of the story, use one sentence to summarize the possible main teaching, the main point of the story.
3. Continuing to meditate on what you wrote down for question 2, use one phrase to summarize the possible main teaching. In other words, condense the possible main teaching into as few words as possible – less than one sentence.
4. How does that main teaching connect to your life? How can/will you apply this truth to your life? How can you pray that truth?

 An Example: Mark 2:1-12

1. Use 2-3 sentences to tell the story. Focus on the big picture of the story: when, where, who and what happened? Identify the main characters and the main plot of the story.

*When Jesus preached at a house at Capernaum, four men made an opening in the roof above Jesus and lowered the mat on which a paralyzed man was lying. After Jesus healed the man by proclaiming his sins to be forgiven, some teachers of the law thought Jesus blasphemed because God alone forgives sins. Jesus answered them by declaring that He Himself has the authority on earth to forgive sins.*

1. Meditating on the main characters and the main plot of the story, use one sentence to summarize the possible main teaching, the main point of the story.

*Jesus declared that He has the authority on earth to forgive sins, which indicated that He is God.*

1. Continuing to meditate on what you wrote down for question 2, use one phrase to summarize the possible main teaching. In other words, condense the possible main teaching into as few words as possible – less than one sentence.

*The authority to forgive sins*

1. How does that main teaching connect to your life? How can/will you apply this truth to your life? How can you pray that truth?

*Jesus has the authority to forgive sins, which indicates that Jesus is God. First, I want to praise Jesus. He is the Lord and God! Second, lately I realize that I am pretty judgmental toward some Christians and I need God’s forgiveness and transformation. Therefore, I pray that Jesus would forgive my judgmental attitude.*