

# Children of Prayer Bible School



## Following Jesus Course Lesson 14 Kingdom Opposites Part 5 – The Cross

### Meditate on Phil 3:8

*Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ.*

Remember what it means to Meditate on God's word:

1. **Read the passage:** read it silently or aloud, sing it, or just say it to a friend or family member. Read it to a younger brother or sister and explain the meaning to them. Ask Holy Spirit to give you understanding. Sing the verse with your own unique tune
2. **Talk about it.** Talk with your parents, your teacher or a friend but also talk with God Himself!
  - What does this passage show you about what God is like?
  - Ask God the Holy Spirit lots of questions about the verse.
  - Spend some time waiting for His answers to your questions.
3. **Illustrate**, or draw a picture about the verse and what it means to you, but also **write down** the questions you have asked the Lord and what you have heard from Him-
4. Finally, **PRAY!**
  - Thank God for the incomparable worth of Jesus.
  - Ask the Lord to help you to love Him MORE than all the other things in your life.

Here are some questions you could ask the Holy Spirit as you meditate:

- What is the "surpassing" worth of knowing Jesus?
- What does "surpassing worth" mean?
- What does it mean to "gain Christ"?
- What things in your life are more important to you than knowing Jesus? What things would you find it hard to let go of.
- Pray and ask Holy Spirit to help you to treasure knowing Jesus above all other things.
- Ask Holy Spirit your own questions.