

# Waiting 102

## Read, or listen to, “Days” 8-14 of “Waiting on God”

*Listen to it free online: [https://archive.org/details/waitingongod\\_cs\\_librivox](https://archive.org/details/waitingongod_cs_librivox)*

*Read it free online: <https://www.turnbacktogod.com/wp-content/uploads/2011/08/Waiting-On-God-Andrew-Murray.pdf>*

## Practice: Waiting Focus

Read Matthew 14:22-33 three times out loud (or once out loud and record it, then listen to your recording two more times).

**First reading:** What word or phrase stuck out to you from this reading?

*After the first reading, spend five minutes in silent meditation on that word or phrase. Let distractions pass by keeping a paper nearby and write those distractions down to let them go. Just let the word or phrase that stuck out to you roll around in your mind and heart.*

**Second reading:** Listen for how the word or phrase from the first reading speaks to the rest of the passage, or how other words and phrases may bring deeper reflection to your word or phrase.

*After the second reading, spend five minutes in silent meditation on your observations. Again utilize the paper to let go of distracting thoughts and focus yourself back on the passage.*

**Third reading:** Before reading pray for the Holy Spirit to reveal to you why this word or phrase has stood out to you. Ask the Spirit to lead you to some transformative knowledge God desires for you to have as you meditate on God’s Word.

*After the third reading, spend five minutes in silent meditation, continually asking the Spirit for guidance to the truth God has for you in this time of focus on God’s Word. Again use the paper for writing down and letting go of distracting thoughts. Finally, use the same paper, or a new one, to journal what you believe God is teaching you and how God wishes to transform you through this meditation.*

After this, ask yourself; “What role did distraction play in this practice? How did distraction affect Peter in the story?”

Write all the things you let distract you in life. Make a plan to stop letting them steal your focus from God’s will.