

# Are You Pouring from a Full Cup?

10:00 – 11:00 am

Wednesday, June 11, 2025

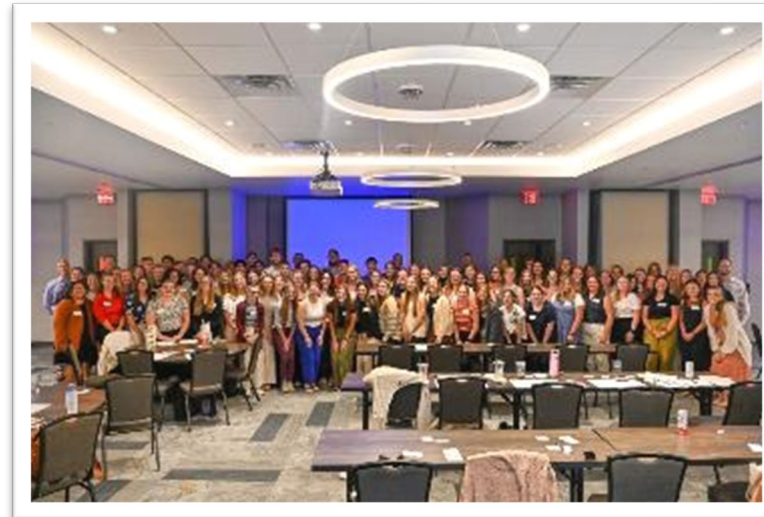
OpenLearning@MLC

Presenter: Rich Gurgel



As we get started on this first day of OpenLearning@MLC for 2025, we will begin with a prayer!

# Places of Ministry Over the Years...








It is a simple truism of life...that can easily be forgotten  
in the midst of the busyness of public ministry!







## A Disclaimer As We Begin

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- I am not some Lutheran equivalent of a Zen master!
- I am a saint/sinner recovering despiser of Word and prayer learning more each day my need for his grace and the beauty of that grace!
- What does this mean???
  - ***This will never be easy!***

# Key Perspective #1 of This Session

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- While you may be attending this session because you serve in the calling of the public ministry...
- ...I am addressing you in regard to your primary **CALLING** as a ***dearly loved child of God!***



## Key Perspective #2 of This Session

- God's devotion to you is always vastly greater than your devotion to him.
- By the power of his grace he is always seeking to **win** us to Word and prayer!





# Key Perspective #3 of This Session: Three Truths on Which Christian Meditation Is Based:

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- **Truth #1:** The risen Lord Jesus is present with his disciples of all time just as he promised (Mt 28:20).
- **Truth #2:** Christ's Word has life-giving and life-sustaining power because it is inspired and filled with the Spirit (Jn 6:63).
- **Truth #3:** We are already fully loved and justified children of God in the life, death and resurrection of Jesus; through faith in him we stand in grace (Ro 5:1-2).



# *Key Session Insight #1: How to meditate on the Word when it's just you and your Bible\**

An explanation of that \* above:

- Yes...devotional books (or online/emailed daily devotions) can be great “snacks” in your devotional life
- However...my encouragement to you is to “chew your own food”!
- You are some of the best trained Bible students in the Christian Church!



**CONCORDIA  
SELF-STUDY  
COMMENTARY**

**An Authoritative  
In-Home Resource  
For Students  
of the Bible**

**ROEHRS  
FRANZMANN**

# Three Touchstones for Evaluating any “Method” for Meditating on God’s Word



- Touchstone #1: Does this method direct my attention to the external Word rather than my internal thoughts?
  - Why is this important?
- Touchstone #2: Does this method help me to slow down long enough to be able to ponder what I am reading?
  - Why is this important?
- Touchstone #3: Does this method give evidence that it understands that the gospel is the beating heart of Scripture?
  - Why is this important?





## A SIMPLE WAY TO PRAY

Martin Luther

# Martin Luther's Pattern of Meditating on the Word: Weaving a Wreath of Four Strands

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- Luther's 1<sup>st</sup> Question:
  - ***What is God saying to me here?***
- Luther's 2<sup>nd</sup> Question:
  - ***For what does this lead me to give thanks?***
- Luther's 3<sup>rd</sup> Question:
  - ***What sins does this lead me to confess?***
- Luther's 4<sup>th</sup> Question:
  - ***For what does this lead me to pray?***
- ***An example from the reading for today...***

# Weaving from (a Portion of) Today's Reading (CW249): Luke 22:47-71

<sup>54</sup> Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. <sup>55</sup> And when some there had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. <sup>56</sup> A servant girl saw him seated there in the firelight. She looked closely at him and said, "This man was with him." <sup>57</sup> But he denied it. "Woman, I don't know him," he said.

<sup>58</sup> A little later someone else saw him and said, "You also are one of them." "Man, I am not!" Peter replied. <sup>59</sup> About an hour later another asserted, "Certainly this fellow was with him, for he is a Galilean." <sup>60</sup> Peter replied, "Man, I don't know what you're talking about!" Just as he was speaking, the rooster crowed. <sup>61</sup> The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: "Before the rooster crows today, you will disown me three times." <sup>62</sup> And he went outside and wept bitterly.

<sup>63</sup> The men who were guarding Jesus began mocking and beating him. <sup>64</sup> They blindfolded him and demanded, "Prophecy! Who hit you?" <sup>65</sup> And they said many other insulting things to him. <sup>66</sup> At daybreak the council of the elders of the people, both the chief priests and the teachers of the law, met together, and Jesus was led before them. <sup>67</sup> "If you are the Messiah," they said, "tell us." Jesus answered, "If I tell you, you will not believe me, <sup>68</sup> and if I asked you, you would not answer. <sup>69</sup> But from now on, the Son of Man will be seated at the right hand of the mighty God."

<sup>70</sup> They all asked, "Are you then the Son of God?" He replied, "You say that I am." <sup>71</sup> Then they said, "Why do we need any more testimony? We have heard it from his own lips."

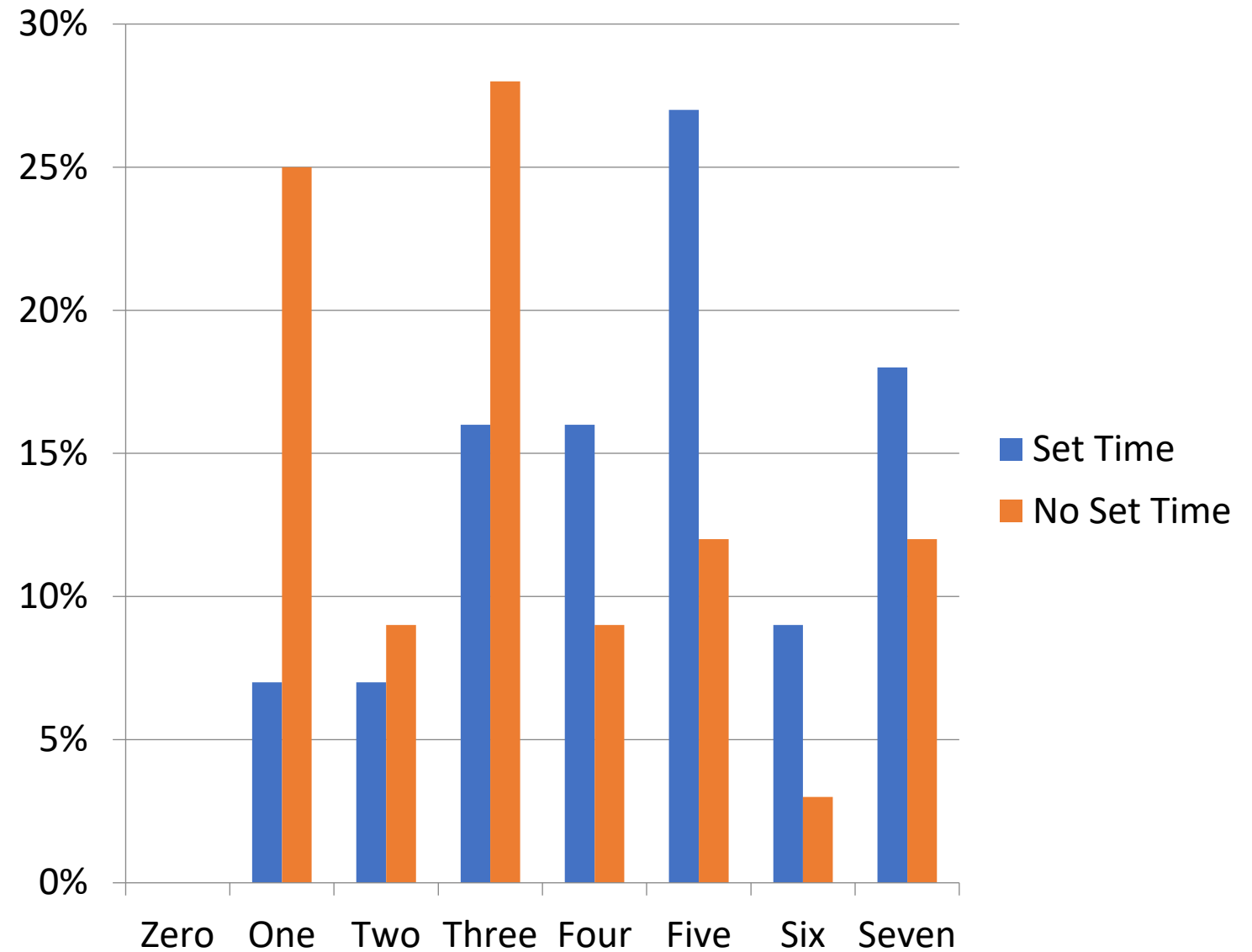
## *Key Session Insight #2*

*The Importance of planning the  
when/where to meditate on the Word*





# Impact of Having a Set Time Each Day on Frequency of Personal Devotional Time



## The Importance of the “Where” for Meditating on the Word

- What might be the benefits of having a particular “where” that you do your meditating on the Word?
- Pictured here is my “where.”
  - Almost only time I sit at my desk.
  - All my materials are right there.
  - Notice the air pods: instrumental music is also helpful to me to block out distractions.

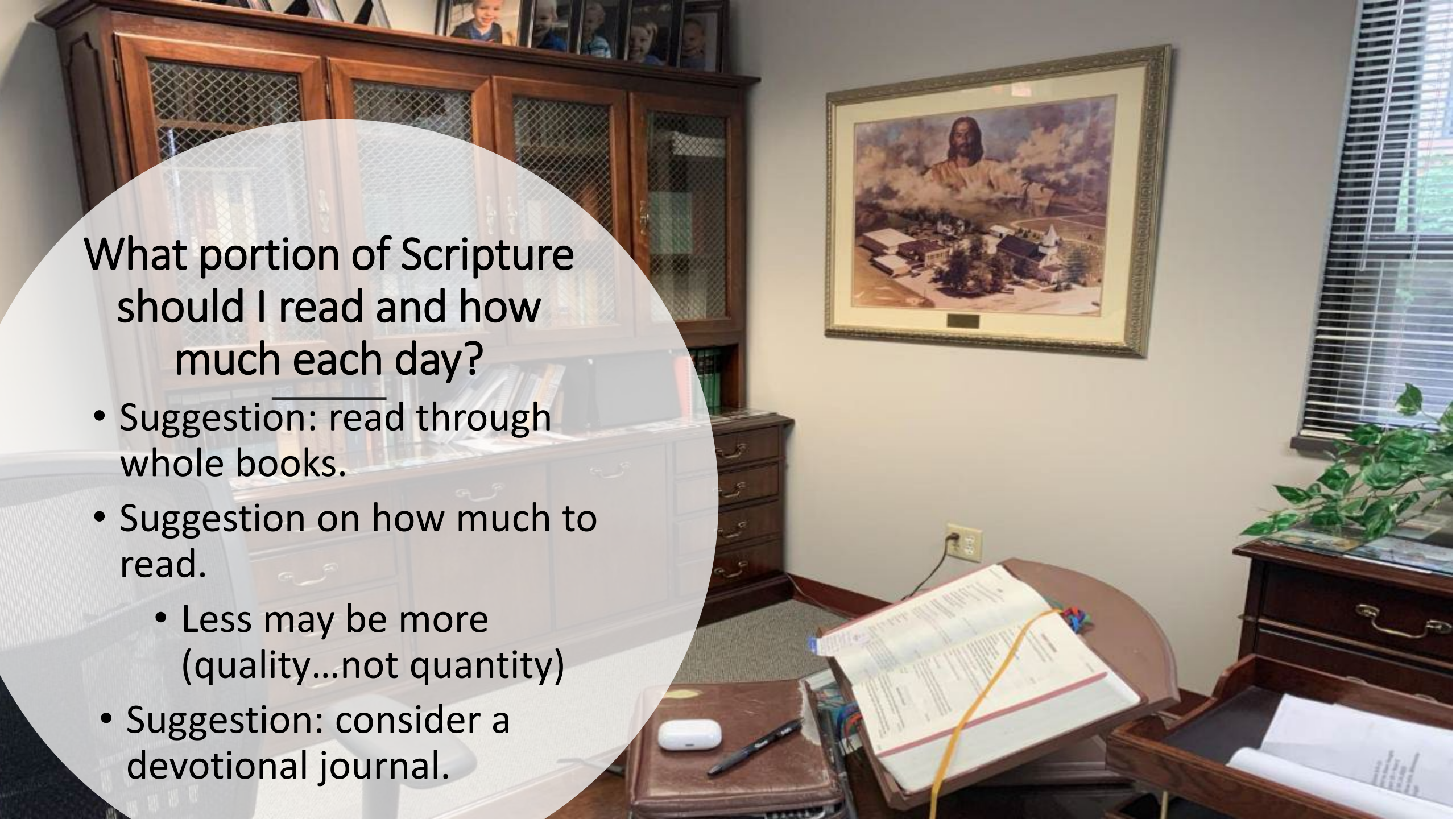


### *Key Session Insight #3*

*Choosing a pattern to follow to determine what portion of Scripture to read and how much to read each day*



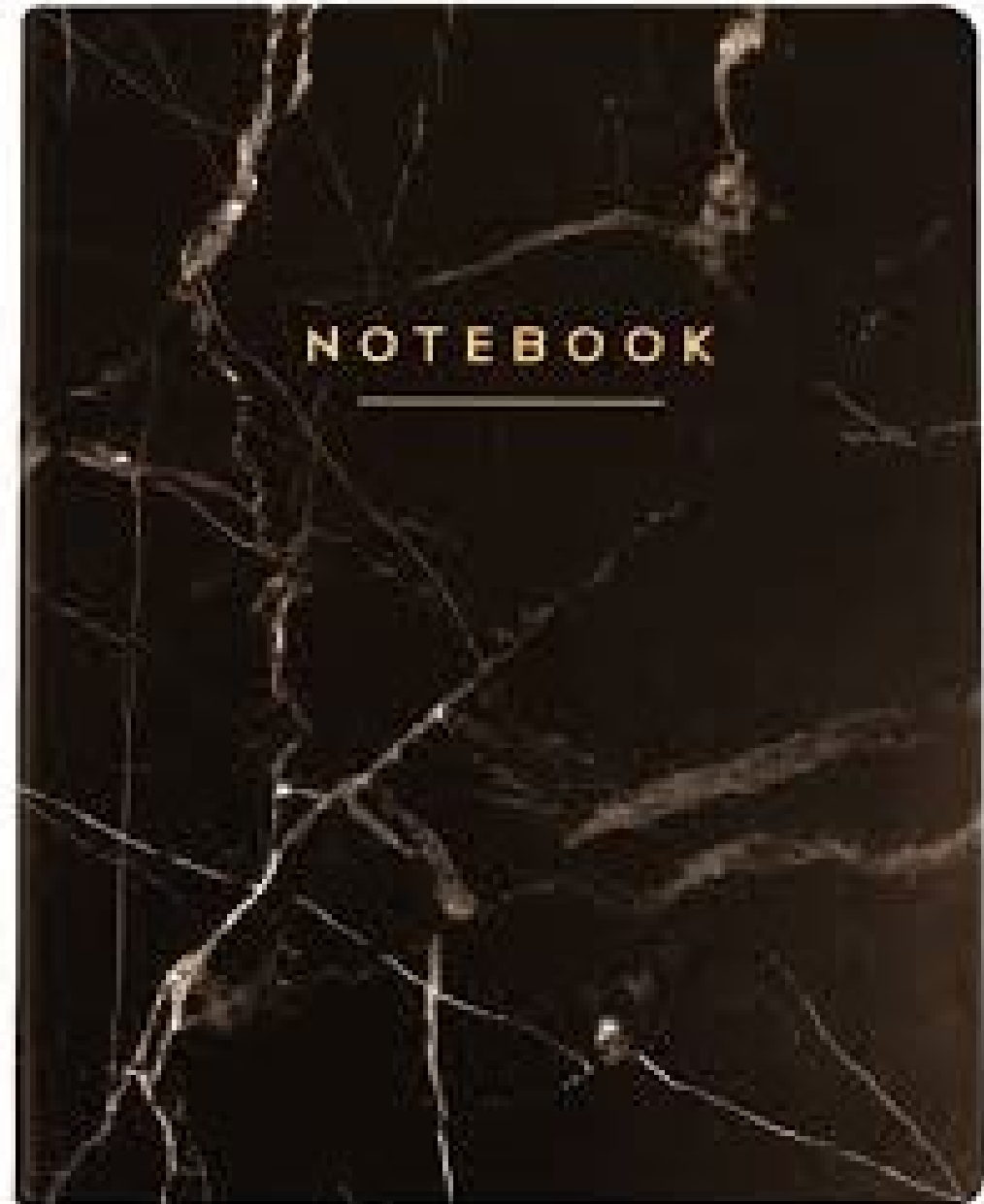


A home office setting. In the background, a large wooden hutch with glass-paned doors holds several framed photographs of children. To the right, a framed painting of Jesus Christ with his arms outstretched hangs on the wall above a desk. The desk is cluttered with an open Bible, a pen, a white mouse, and other items. A window with blinds is visible on the far right, and a potted plant sits on a side table next to it.

## What portion of Scripture should I read and how much each day?

- Suggestion: read through whole books.
- Suggestion on how much to read.
  - Less may be more (quality...not quantity)
- Suggestion: consider a devotional journal.

WORLD TRAVELER Eccolo Large  
Lined Journal Notebook,  
Hardbound Cover, Writing  
Journal, 256 Ruled White  
Pages, Ribbon Bookmark, Lay  
Flat, Desk Size for Work or  
School, Black Marble (8x10  
inches)

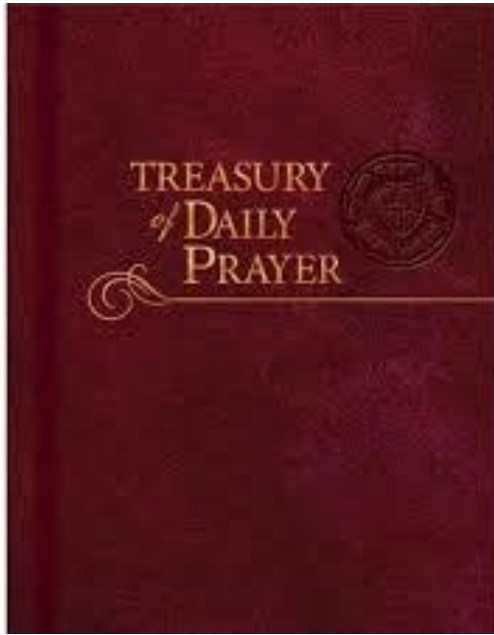


Where are you on the Deutschlander/Brug Continuum???





# Three Versions of One Option You Could Use



CPH  
Psalm, OT (gaps), NT,  
Prayer of the Day  
Hymn  
Suggested reading from  
Lutheran Confessions  
Writing (Caution!)



Daily Lectionary  
p. 248-253  
Psalms  
p. 254

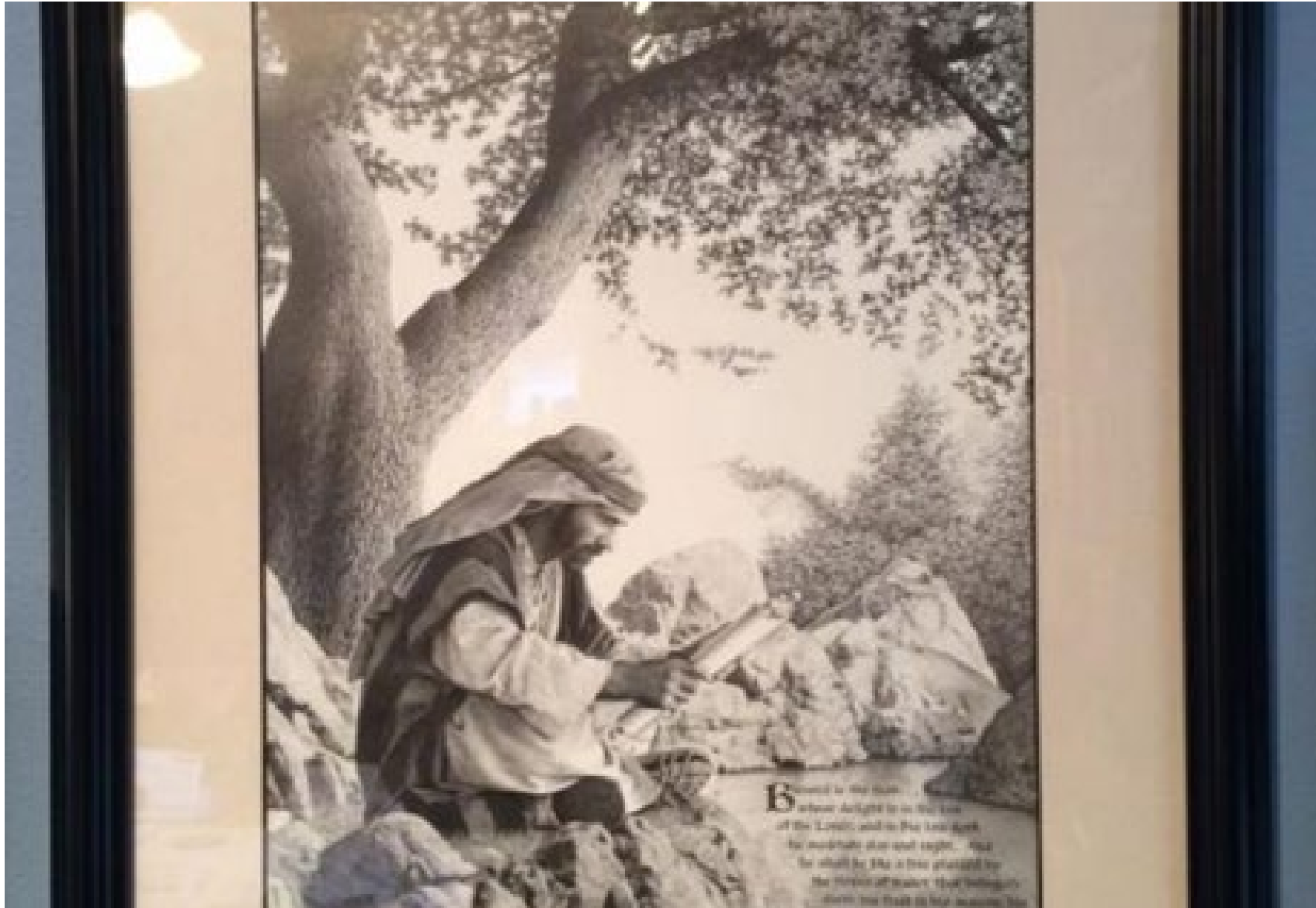


App version from CPH of  
Treasury of Daily Prayer

## *Closing Q&A*

*What are your questions when it comes to how to fill your cup [your heart]...first for you own sake as a dearly loved, redeemed child of God...but then also so that you in turn are overflowing to pour into others?*





Blessed is the man  
whose delight is in the law  
of the Lord, and in his law does  
he meditate day and night: that  
he shall be like a tree planted by  
the stream of waters: that bringeth  
forth his fruit at his season: his