

Guiding Scripture

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.” – John 10:10

Supplemental Scripture

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” – 3 John 2

THE DISCIPLINE OF MEDITATION

“True contemplation is not a psychological trick but a theological grace.” – Thomas Merton

In our contemporary society our adversary majors in three things _____,
_____, and _____.

What is meditation?

Meditation conveys the idea of listening to God’s Word, reflecting on God’s Works, rehearsing God’s Deeds, ruminating on God’s Law and more. Each of these activities causes us to have changed behavior as a result of our encounter with the living God. Repentance and obedience are essential features in understanding biblical meditation.

Psalm 1:1-6

Psalm 119:17: “ _____
_____.”

Hearing and Obeying

Christian meditation, very simply is the _____ to hear God’s voice and
_____ His word.

The biblical foundation for meditation is found in understanding that Jesus has not stopped acting and speaking. He is resurrected and at work in our world. He is not idle nor has he developed laryngitis.

The Purpose of Meditation

The purpose of meditation is to enable us to hear God more clearly. Meditation is listening, sensing, heeding the life and light of Christ.

The life that pleases God is not a set of religious duties; it is listening to His voice and obeying His Word. Meditation opens the door to this way of living.

Understandable Misconceptions

EASTERN MEDITATION	CHRISTIAN MEDITATION
<i>An attempt to empty the mind.</i>	<i>An attempt to fill the mind.</i>
<i>Stresses the need to become detached from the world. You lose personhood and individuality and merge with the Cosmic Mind.</i>	<i>Detachment from the outer world and its influences.</i>
<i>There is no God to be attached to or to hear from. Detachment is the final goal.</i>	<i>Detachment leads to attachment—detachment from all the confusion all around us in order to have a richer attachment to God.</i>

Meditation Scriptures:

- The glory of meditation: Exodus 24:15-18
- The friendship of meditation: Exodus 33:11
- The terror of meditation: Exodus 20:18-19
- The object of meditation: Psalm 1:1-3
- The comfort of meditation: 1 Kings 19:9-18
- The insights of meditation: Acts 10:9-20
- The Ecstasy of meditation: 2 Corinthians 12:1-4