



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

“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.” – Ephesians 3:20

THE DISCIPLINE OF MEDITATION (Continued)

Desiring the Living Voice of God

“Only to sit and think of God, oh what a joy it is! To think the thought, to breathe the Name, Earth has no higher bliss.” – Frederick W. Faber

Often times we have a human tendency to have someone talk to God for us. We look for a mediator or a “go-between”. While this is fine, we must develop and establish an active prayer life for ourselves.



“Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent...”

Matthew 27:50-51

Meditation calls us to enter into the living presence of God for ourselves. It tells us that God is speaking in the present and wants to address us.

Sanctifying the Imagination

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” – Romans 12:1-2

“Let this mind be in you, which was also in Christ Jesus.” – Philippians 2:5

“Because that, when they knew God, they glorified him not as God, neither were thankful; but became *vain in their imaginations*, and their foolish heart was darkened.” – Romans 1:21

Preparing to Meditate

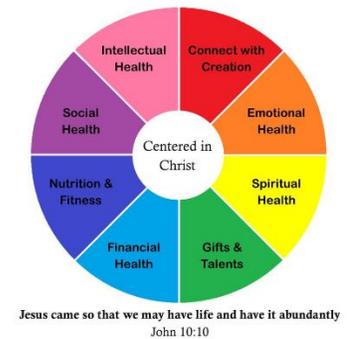
Set aside a specific time for contemplation. Don't get caught up in the noise, busyness and crowds.

When we are constantly swept off our feet with the frantic activity we will be unable to be attentive at the moment of inward silence.

“Holy Leisure”

There has to be a sense of balance in the life, an ability to be at peace through the activities of the day, an ability to rest and take time to enjoy beauty, and ability to pace.

Posture – It makes no difference what your posture is, you can pray anywhere, anytime and in any position.



The most important thing is that you get in the posture of prayer and maintain an active prayer life.

The Forms of Meditation

God speaks to us through His Word, therefore we should always endeavor to engage in the meditation of scripture (Latin: meditatio Scripturarum).

When you engage in the meditation of Scripture it focuses more heavily on internalizing and personalizing the passage opposed to trying to exegete the text.

You should have a set time when you study God's Word and don't attempt to tackle more than you can digest.

Three questions you should ask yourself after Bible Study:

1. What did I learn about God?
2. What did I learn about People?
3. What would God have me to do?

Remember: As a Christian, you should have the Bible in one hand and a newspaper in the other. This is not for you to be controlled by the politics of our day or even to be swayed by political clichés but so you can hold these events before God and ask for prophetic discernment and insight.