

SPIRITUAL PRACTICES FOR LIFE MEDITATION

John 10:10b (ERV)

“ I came to give life—life that is full and good.”

- Inward
- Outward
- Corporate

Inward Disciplines:

- Meditation
- Prayer
- Fasting
- Study

WHAT IS BIBLICAL MEDITATION?

- Meditation is the act of focusing one’s thoughts or mind; to consider, think about, and contemplate.
- Biblical meditation is the practice of focusing on, contemplating, and thinking about God, His works, and His Word.

Psalm 63:6 (NLT)

I lie awake *thinking* of you, *meditating* on you through the night.

Psalm 77:11 (ERV)

Lord, I will *remember* what you have done. I will *remember* the amazing things you did long ago.

Psalm 143:5 (NIV)

I *remember* the days of long ago; I *meditate* on all your works and consider what your hands have done.

WHAT IS THE PURPOSE AND BENEFIT OF MEDITATION?

- Meditation helps us to know, enjoy, and glorify God better.
- Biblical meditation enables us to hear God’s voice and obey His Word.

Exodus 33:11 (CSB)

The Lord would speak with Moses face to face, just as a man speaks with his friend.

Exodus 20:19 (NLT)

And they said to Moses, “You speak to us, and we will listen. But don’t let God speak directly to us, or we will die!”

John 5:19 (NLT)

Jesus explained, “I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.”

John 14:10 (NLT)

“The words I speak are not my own, but my Father who lives in me does his work through me.”

John 10:14-16 (NLT)

“I am the good shepherd; I know my own sheep, and they **know me**, just as my Father knows me and I know the Father. I have other sheep, too, that are not in this sheepfold. I must bring them also. They will **listen to my voice**, and there will be one flock with one shepherd.”

John 16:12-14 (NLT)

“There is so much more I want to **tell you**, but you can’t bear it now. When the Spirit of truth comes, he will guide you into all truth. He will not **speak** on his own but will **tell you** what he has heard. He will bring me glory by telling you whatever he receives from me.”

- Jesus has not stopped acting and speaking.
- Meditating on Who Jesus is, What He has done for us, and What He says to us helps us experience Him as the loving and living Lord of life!
- God’s sensed voice never contradicts His confirmed voice.
- God’s confirmed voice is heard through His written Word.
- Biblical meditation should start and end with God’s Word, the Bible.

Psalm 119:97, 101-104 (NIV)

97 Oh, how I love your law! I meditate on it all day long. 101 I have kept my feet from every evil path so that I might obey your word. 102 I have not departed from your laws, for you yourself have taught me. 103 How sweet are your words to my taste, sweeter than honey to my mouth! 104 I gain understanding from your precepts; therefore I hate every wrong path.

- Through meditation we cooperate with the Holy Spirit to transform our inner personality.

Revelation 3:20 (NLT)

“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.”

WHAT ARE SOME OBSTACLES THAT PREVENT PRACTICING MEDITATION?

1. Confusing biblical meditation with Eastern transcendental meditation.

- Eastern meditation is the attempt to empty the mind of all thoughts; biblical meditation is the attempt to fill the mind with God's thoughts.
2. Allowing the busyness of life to supersede time with God in meditation.
 3. Thinking that meditation is too difficult, complicated, or spiritual for the common Christian.
 - We learn to meditate by meditating.

HELPS FOR PRACTICING MEDIATION:

1. Commit to meditating.

2. Plan to meditate.

- Make the time.
- Find a place.
- Remove all distractions.

3. Bring your Bible.

“. . . just as you do not analyze the words of someone you love, but accept them as they are said to you, accept the Word of Scripture and ponder it in your heart, as Mary did. That is all. That is meditation.” - **Dietrich Bonhoeffer**:

4. Bring your memory.