

Meditation

Colossians 3:1-4

FINDING
RHYTHM

LIFE UNDER JESUS' EASY YOKE



Thirty years ago Eugene Peterson commented on the widespread talk about **spirituality** in his day:

“If all your friends were suddenly to begin talking about the state of their digestion—comparing symptoms, calling up for advice, swapping remedies—you would not consider it a hopeful sign.... A person who has healthy digestion does not talk about it. Neither does a person who has a healthy soul. When our bodies and souls are working well, we are, for the most part, unaware of them.”

We might say the same today about **mental health**. It’s the subject of constant conversation. We are not well. (Thankfully, most people freely admit this.) But could something so secular sounding as *meditation* be the answer? Peterson—and many others—would say, “Yes! In fact, it’s the only answer.” He writes:

“Discover what Scripture says about spirituality and immerse yourself in it. This is not a matter of hunting for a few texts, but of acquiring a biblical imagination—entering into the vast world of the Bible and getting a feel for the territory, an instinct for *reality*.”

This immersion; this acquiring of a biblical imagination; this feel and instinct for reality is what meditation is all about. It is God’s gracious means of imparting life and health to our hearts and minds.

1. Think about your mental health challenges, or those of your close family and friends.
 - What are you experiencing?
 - What do you think are the root causes?
2. Think about “meditation” (which is a bit like thinking about thinking):
 - When you hear the word “meditation,” what comes to mind?
 - Do you ever practice meditation? If so, how? What do you do?
 - What do you think sets biblical meditation apart from other forms?
3. Read Colossians 3:1-4 meditatively, that is, slowly and repeatedly (at least three times).
 - What feelings does this passage stir in you?
 - Take a few moments to mentally picture this text. What are some of the things that you see?
 - How do these pictures differ from the physical world you’re experiencing?
 - Which is more real? Could you convince yourself that the unseen world of your biblical imagination is more real than your physical circumstances?
 - If you could, what difference would it make? What bottom-line impact would this have on you?
4. It has been said that “Reading is exposure to Scripture; meditating is absorption of Scripture.” Put another way, reading is about information; meditating is about transformation. Do you agree? If so, what can you do to add meditation to your Bible reading? What would be a doable rhythm and practice for you?