

Theology of Prayer:
Indiana School of Ministry
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Chapter 12: Prayer of the Heart

Chapter 13: Meditative Prayer

In the Old Testament, two Hebrew words are translated “meditate.” One suggests a low pitch muttering sound; the other means to be taken up or absorbed with something. Taken together, we get the idea of someone pondering a biblical text, quietly vocalizing it repeatedly.
Thomas Tarrants, III

Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God... It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God.
J.I. Packer

Joshua 1:8 Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it.

Psalms 104:34 May my meditation be pleasing to him, as I rejoice in the LORD.

Psalms 119:148 My eyes stay open through the watches of the night, that I may meditate on your promises.

1 Timothy 4:15-16 *Practice* these things, immerse yourself in them, so that all may see your progress. Keep a close watch on yourself and on the teaching. Persist in this, for by so doing you will save both yourself and your hearers.

μελετάω (meletao) Thayer's Greek Lexicon: used by the Greeks of the meditative pondering and the practice of orators and rhetoricians

Chapter 14: Contemplative Prayer

Psalm 86:11 Teach me your way, O LORD, that I may walk in your truth; unite my heart to fear your name.

What does it say about our pride that we are more willing to go a day or more without food, but bristle at the idea of going a day without being heard?

Part 3: Moving Outward

Chapter 15: Praying the ordinary.

Everything that one turns in the direction of God is prayer. St. Ignatius of Loyola.

Foster's three means of praying the ordinary:

1. Turning ordinary experiences of life into prayer
2. Seeing God in the ordinary experiences
3. Praying throughout the ordinary experience

Chapter 16: Petitionary Prayer

...we are forever dependent on God. It is something that we never really "get beyond," nor should we even want to." P. 179

Chapter 17: Intercessory prayer.

It is God's desire to bring individual and families into saving faith. It is God's desire to bring people off of addictions to drugs, sex, money, status. It is God's desire to deliver people from racism, sexism, nationalism, consumerism. It is God's desire to harvest cities, bringing whole communities into Gospel fidelity. Organized, corporate, intercessory prayer is a crucial means for the fulfillment of these yearnings in the heart of God. P. 199