

Living the Christian Life

Sundays@9 – September 4, 2022

Spiritual Disciplines

How does spiritual growth happen?

- Matt 5:20
- 1 Pe 1:1-2
- Php 2:12-13
- 1 Corinthians 9:24-27
- 1 Tim 4:7-8
- 2 Tim 1:6-7

Celebration of Discipline: The Path to Spiritual Growth, by Richard J. Foster

Spiritual Discipline: Meditation

Hebrew

- *suach* – meditate; i.e., speak to oneself in low tones as a way to establish or clarify proper thought.
- *siach* – to muse, complain, talk (of)
- *hagah* – mutter; read in an undertone; ponder (by talking to oneself); meditate; remember

Biblical understanding of Meditation

- Gen 24:63
- Josh 1:8
- Ps 1:1-3
- Ps 63:5-6
- Ps 77:11-20
- Prov 15:28
- Luke 2:19
- Php 4:8-9



Christian Meditation – Practical Matters

- When to meditate?
- Where to meditate?
- What physical posture?

Forms of Christian Meditation

- *Meditatio Scripturarum* – the meditation upon Scripture
 - This is not technical study or analysis.
 - With a humble heart, receive the word of God addressed to you.
 - Go slowly! Do not rush.
- Palms Down, Palms Up
 - Begin with palms down – identify and release your burdens
 - Then turn palms up – receive God's grace
 - Finally, rest in the Lord – don't ask for anything ... just enjoy being His beloved child
- Meditation upon the creation
- Meditation upon the events of our time
 - What is God's perspective on the events of our day?
 - Be controlled by the Bible and the Spirit, not by political parties, politicians, or the media.