

Living the Christian Life

Sundays@9 – October 2, 2022

Week 3 – Deepening Prayer

Meditation in Practice

- Before meditating on a text, one must _____
- Hebrew words for “meditate” include *siach* – to talk with oneself, pondering and questioning something thoroughly. Suggested questions to ask when engaging in *siach*:
 - Am I living in light of this?
 - What difference does this make?
 - If I believed and held to this, what would change?
 - What is the consequence of my forgetting this truth?

John Owen on Meditation

Step 1 – Fixing the _____.

- Read the text _____ and _____.
- Ponder and question the text at length
 - Option #1 – ask, “What does the text teach me ...
 - about God and His character?
 - about human nature, character, and behavior?
 - about Christ and his salvation?
 - about life in the people of God?
 - Option #2 – ask application questions
 - Are there any personal examples to emulate or avoid?
 - Are there any commands to obey?
 - Are there any promises to claim?
 - Are there any warnings?
 - Option #3 – emphasize each individual word in the text
 - Option #4 – paraphrase the text
 - Option #5 – memorize the text



John Owen on Meditation (continued)

Step 2 – Inclining the _____.

- Plead with and preach to your heart
- Employ Luther's four strand garland – Instruction, Thanksgiving, Confession, Petition

Step 3 – Enjoying or Crying Out

Being Rich but Living Poor

- Eph 1:22-23
- Eph 3:14-19
- Grasping the love of Christ (Eph 3:18)
 - Breadth or Width – Isa 1:18
 - Length – John 10:27-29; Php 1:6
 - Depth – Matt 27:46
 - Height – John 17; 1 John 3:2
- Seeking the face of God
 - Psalm 27:8-10
 - 2 Cor 3:18
 - 2 Cor 4:6
 - What does it mean to behold the glory of God in the face of Christ?