

GOD SPEAKS
The Discipline of Meditation
Week 2 July 21, 2024
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In today's world noise, hurry, and crowds are what the Devil uses to draw us away from our relationship with God.

Meditation brings us back to a place of thinking about what God has said to us and how that knowledge can help us live our life.

OLD TESTAMENT EXAMPLES OF MEDITATION.

I meditate on your precepts and consider your ways. Psalm 119: 15 NIV

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

Meditation is about waiting on God to speak and to respond when He does.

Samuel met the Lord as a young boy when God called to him at night in the Temple. Read 1 Samuel 3:1-18

Elijah heard the voice of God after he hid in the cave from those who would kill him. 1 Kings 19:9-18

God calls Isaiah to ministry in a vision of heaven. Isaiah 6:1-6

God does indeed speak to His people.

Christian meditation is the ability to hear God's voice and obey His word.
No hidden mysteries

God, creator of the Universe, desires our fellowship.

The people were afraid to talk directly to God so they asked Moses to talk to Him and then tell them what He had said.

Jesus modeled for us the reality of that life of hearing and obeying.

Don't you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. John 14:10 NIV

Paul describes this kind of relationship in Galatians 2:20 when he says:

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20 NIV

Jesus is at work in the world:

- As our priest to forgive us
- As our Prophet to teach us
- As our King to rule us
- As our Shepherd to guide us

THE PURPOSE OF MEDITATION

Meditation creates an emotional and spiritual space which allows Christ to interact with us.

MISCONCEPTIONS ABOUT MEDITATION

Eastern meditation is an attempt to empty the mind

Christian meditation seeks to quiet the noise of the world so we can have a conversation with the creator who made us in His image.

BEGIN TO MEDITATE

- Find a quiet place
- With a view if possible
- Body position is important, comfortable but not distracting

Meditate on Scripture

- M Memorize the verse
- E Emphasize key words
- D Define key words
- I Individualize the verse
- T Think about it
- A Apply it
- T Tell others
- E Enjoy the scripture

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