

CONTEMPLATIVE	ACTIVE
Meditation	Teaching
Study	Obedience
Confession	Absolving
Fasting	Feasting
Solitude	Fellowship
Simplicity	Service
Silence	Speaking
Grieving	Celebrating

STEPS YOU CAN TAKE IN PRACTICING MEDITATION:

Prayerfully:

Set aside a specific TIME for Meditation.

Select a quiet PLACE for Meditation.

Identify a comfortable POSTURE for Meditation.

Ask the Holy Spirit to PREPARE you and your heart for Meditation.

READ SCRIPTURE slowly and reflectively.

CONSIDER THE WORKS OF GOD that you have read or seen.

LISTEN to what God might be saying to you.

TALK WITH GOD about anything and everything He brings to Mind.

REPENT of any sin that God convicts you of.

COMMIT yourself to do what God asks you to do.

MEDITATION & TEACHING

Hearing from God and Communicating About God

November 1, 2009

SW602

INTRODUCTION

Spiritual Disciplines:

Activities we do by the power of God's Spirit which enable us to become different on the inside so that the things we could not previously do for Christ we now can do.

I. THE HEAVENLY DISCIPLINE OF...MEDITATION

A. The _____ for Meditation

Psalm 46:10

Be still, and know that I am God.

B. The _____ to Meditation

Psalm 1:1-3

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2 But his delight is in the law of the LORD, and on his law he **meditates** day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither.

Whatever he does prospers.

Joshua 1:8

Do not let this Book of the Law depart from your mouth; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Philippians 4:8

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — **think about such things**.

NIV

C. The _____ of Meditation

Meditation:

Listening to, Remembering, Rehearsing, and Reflecting on
God's Word to us and God's Work for us

Non-Christian Meditation vs. Christian Meditation...

Richard Foster:

Mediation boldly calls us to enter into the living presence of God for ourselves. It tells us that God is speaking in the continuous present and wants to address us. God is speaking to us...isn't that what we long for?

D. The _____ of Mediation

Exodus 33:11

The Lord would **speak to Moses face to face**, as a man speaks with his friend.

Psalms 119:97-101

Oh, how I love your law! I **meditate** on it all day long...I have kept my feet from every evil path so that I might **obey** your word.

E. The _____ of Mediation

III. THE HEAVENLY DISCIPLINE OF....TEACHING

Colossians 3:16

Let the word of Christ dwell in you richly **as you teach** and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

Hebrews 5:11-12

We have much to say about this, but it is hard to explain because you are slow to learn. 12 In fact, though by this time **you ought to be teachers**, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

CONCLUSION

Psalms 19:14

May the **words of my mouth** and the **meditation of my heart** be pleasing in your sight, O Lord, my Rock and my Redeemer.

For This Week:

Take time each day to practice the Steps for Biblical Meditation outlined on the back of your message notes and then pray for an opportunity to communicate what God says to you.