

## **Meditation or Contemplative Prayer**

- God desires and has always desired \_\_\_\_\_ with us.
- But we have a natural tendency to outsource it to a \_\_\_\_\_
- **2 Corinthians 3:7-18**
  - Our goal is not study, but inner transformation.
  
- **Revelation 3:14-22**
  - How long are we going to ignore Christ? He wants \_\_\_\_\_
  
- Meditation is the simplest discipline, but it is \_\_\_\_\_. It cannot be skipped.

### **How To:**

- Time, place, posture—all secondary to a \_\_\_\_\_ to encounter God.
- Being deliberate and eliminating distraction are antecedents.

### **Four Examples of Christian Meditation:**

- Meditating on \_\_\_\_\_
  - **2 Corinthians 3:4-6**
- Contemplating \_\_\_\_\_
  - **Luke 12:22-31**
- Contemplating \_\_\_\_\_
- \_\_\_\_\_

### **Psalm 143**

Foster, Richard J. (2009-03-17). Celebration of Discipline. Harper Collins, Inc.. Kindle Edition.

## **Meditation or Contemplative Prayer**

- God desires and has always desired \_\_\_\_\_ with us.
- But we have a natural tendency to outsource it to a \_\_\_\_\_
- **2 Corinthians 3:7-18**
  - Our goal is not study, but inner transformation.
  
- **Revelation 3:14-22**
  - How long are we going to ignore Christ? He wants \_\_\_\_\_
  
- Meditation is the simplest discipline, but it is \_\_\_\_\_. It cannot be skipped.

### **How To:**

- Time, place, posture—all secondary to a \_\_\_\_\_ to encounter God.
- Being deliberate and eliminating distraction are antecedents.

### **Four Examples of Christian Meditation:**

- Meditating on \_\_\_\_\_
  - **2 Corinthians 3:4-6**
- Contemplating \_\_\_\_\_
  - **Luke 12:22-31**
- Contemplating \_\_\_\_\_
- \_\_\_\_\_

### **Psalm 143**

Foster, Richard J. (2009-03-17). Celebration of Discipline. Harper Collins, Inc.. Kindle Edition.

For DEEPER Study, This Week Read:

Sunday: The glory of meditation: Exodus 24:15–18.

Monday: The friendship of meditation: Exodus 33:11.

- Pray for the desire and patience to meditate

Tuesday: The terror of meditation: Exodus 20:18–19.

- Try centering down

Wednesday: The object of meditation: Psalm 1:1–3.

- Practice one of the other three contemplation methods we discussed today (10 min. is sufficient, but don't hinder the Spirit)

Thursday: The comfort of meditation: 1 Kings 19:9–18.

- Practice another of the methods we covered

Friday: The insights of meditation: Acts 10:9–20.

Saturday: The ecstasy of meditation: 2 Corinthians 12:1–4.

Additional Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

For DEEPER Study, This Week Read:

Sunday: The glory of meditation: Exodus 24:15–18.

Monday: The friendship of meditation: Exodus 33:11.

- Pray for the desire and patience to meditate

Tuesday: The terror of meditation: Exodus 20:18–19.

- Try centering down

Wednesday: The object of meditation: Psalm 1:1–3.

- Practice one of the other three contemplation methods we discussed today (10 min. is sufficient, but don't hinder the Spirit)

Thursday: The comfort of meditation: 1 Kings 19:9–18.

- Practice another of the methods we covered

Friday: The insights of meditation: Acts 10:9–20.

Saturday: The ecstasy of meditation: 2 Corinthians 12:1–4.

Additional Notes: \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---