

MEDITATION

“Just as moving a prism reveals different bands of color, meditation allows God to shine His truth and light into our hearts.” — Adele Ahlberg Calhoun

“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.” (Joshua 1:8)

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.” (Psalm 19:14)

SYNOPSIS:

The aim of meditation is to become present with God. This presence is difficult for our minds to attain. Our minds are tangential, naturally following what shows up from one association to the next. As we train our minds to attend to the present, aided by breathing and body posture, we help curb distractions and teach our minds to attend to God.

GOD-GIVEN FRUIT:

When meditation becomes part of your daily rhythm you can see some of the following fruit. You will experience a depth of insight. You will develop a love for gazing on God. You will experience calmness, serenity, and quietness stemming from an awareness of the nearness of God. You will have a new sight for the interior things of God in the natural and external world.

EXAMPLES:

During your meditation rhythm this week try one of the following options. Choose a passage of Scripture and spend time ruminating over it and its application. Spend time in creation noticing the details and creativity it took to make. Pay attention to God with your body by slowing down, relaxing, and breathing deeply. Meditate on how Jesus is revealed through the Scripture.

BASELINE SUGGESTION:

If meditation is new for you we recommend trying with the following practice this week. Prepare yourself to meditate on Scripture by choosing a comfortable and quiet place. Sit in a position that you can maintain without effort or attention. Place yourself in the presence of God. Release your anxieties and to-do list to the Lord. Ask Him to open your heart to His Word. When your mind wanders, gently bring it back and continue your meditation. Try reading Psalm 139, Psalm 86, or Psalm 42.

PERSONAL QUESTIONS:

1

What is your current meditation rhythm? What would you like to add or take away to enhance this rhythm in your daily life?

2

The first step into meditation involves creating an environment of silence, but learning to listen is also facilitated by learning to practice God's presence throughout the day. What are some things you do that help you live in greater awareness of God's presence?

3

What would you need to do to create a space for meditation in your home?

4

What is your plan for practicing meditation this week? Be as specific as possible.

Downstream

A practice that comes easily or naturally to you.

Upstream

Practices that don't come easily; a practice that seems difficult or unnatural to you.

Would meditation be beneficial for you to pursue? Why or why not?

SMALL GROUP DISCUSSION QUESTIONS:

What is your gut reaction to the word meditation?

How would you characterize your ability to pay attention?

When do you find it easiest to focus your mind or heart?

How might the tendency to do everything quickly affect your ability to meditate?

RHYTHM PLAN

What:

When:

Where:

RESOURCES

ALL RHYTHMS:

Celebration Of Discipline by Richard J Foster

Spiritual Disciplines Handbook by Adee Ahlberg Calhoun

The Spirit Of The Disciplines by Dallas Willard

Practicingtheway.org

MEDITATION:

New Seeds Of Contemplation by Thomas Merton

Here And Now: Living In The Spirit by Henri Nouwen

Devotional Classics by Richard Foster

PRAYER:

Open Mind, Open Heart by Thomas Keating

Contemplativeoutreach.org

Daily Prayer (app)

With Christ in the School of Prayer by Andrew Murray

Prayer by Timothy Keller

Finding the Heart's True Home by Richard Foster

31 Days of Prayer from Bridgetown Church

bridgetown.church/wp-content/uploads/2020/12/PrayerCard.pdf