

DEVOTION TEACHING #2

CHRISTIAN MEDITATION

- Matthew 14:23 "Afterward, Jesus went up in the hills by himself to pray. Night fell while he was there alone."
- Daniel 6:10 "Daniel went home and knelt down as was his habit in his upstairs room... He prayed three times a day, just as he had always done, giving thanks to his God - asking for God's help."

-1- Christian Meditation is thinking about our life in the presence of God's Spirit --

cultivating a friendship with God. Meditation is helpful for us because we are **spiritual persons** made in God's image with the power and necessity to think and choose. We are not guided by instinct like other creatures in our world. Meditation helps us break out of the status quo - get a life we want.

-2- Meditation helps us live as a spiritual person . Galatians 5:13-22 (Msg) "It is absolutely clear that God has called you to a free life...Live freely, animated and motivated by God's Spirit....."

-3- Meditation helps orient our life so that we have a restful life.

• Matthew 6:25-34 (Msg) "If you decide for God, living a life of GOD-WORSHIP, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion."

... Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. Walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it?... What I'm trying to do here is to get you to relax -to not be so preoccupied with **getting**, so you can respond to God's **giving**...Steep your life in God-reality, God- initiative, God-provisions. Don't worry about missing out. You'll find all your everyday, human concerns will be met. Give your entire attention to what God is doing right now."

-4- Meditation is like Mary sitting at the feet of Jesus. She possessed the one thing best of all.

• Luke 10:38-42 "As Jesus and the disciples continued on their way to Jerusalem, they came to a village where a woman name Martha welcomed them into her home. Her sister, Mary, sat the Lord's feet, listening to what he taught... There is really only one thing worth being concerned about. Mary has discovered it..."