

MEDITATION. Cultivating a friendship with God by spending time with Him. It is thinking over the things of your life in the presence of the Lord, by thinking about what you read in the Bible as it applies to your life. By listening to the quiet inner voice of God, the Spirit. The Suzuki violin student asks, “What days shall I practice?” The teacher answers, “Only the days you eat.” What days shall we bring ourselves into God’s presence? Likewise. Only on the days we eat should we set time aside to sit at Jesus’ feet.

• Matthew 14:23 *“Afterward, Jesus went up in the hills by _____ to _____.
_____ Night fell while he was
there_____.”*

• Daniel 6:10 *“Daniel went home and knelt down as
_____ in his upstairs room...
He prayed_____ times a day, just as he had
always done, giving thanks to God...
_____ and asking for God’s
_____.”*

MEDITATION - (the Dictionary). *“The emptying of the mind of thoughts or concentration of the mind on just one thing, in order to aid mental or spiritual development, contemplation, or relaxation. The act of thinking about something deeply and carefully, or an instance of such thinking. An extended and serious study of a particular topic.”*

Meditation-(the Bible). The Hebrew word HAGAH for meditate is used to speak of a cow chewing her cud. A cow has two stomachs. Food is swallowed into the first stomach as the cow grazes. Later at her leisure she will regurgitate the grass in the first stomach, chew it thoroughly, and then swallow it again into the second stomach where it is digested and feeds the cow. Applied to meditation, the idea is that we bring up our thoughts, our wondering about things, things we have heard but don’t grasp, and chew them over in our mind till they become digestible. That is, we get a handle on them, grasp them, and find them useful to our living.

• Christian meditation is an inner conversation with the Holy Spirit. In this conversation the first thing the Lord does is tell us how much he loves us and fills our heart with his love. This enables us to love him back. And there is a mutual enjoyment of Father God and his children. In this conversation with God, we get a bird’s eye view - actually a

God’s eye view - of the life we are living and our inner ponderings and wonderings about people and things.

• I Kings 19:11 *“The Lord was not in the_____. After the wind there was an earthquake,
but the Lord was not in the_____. And after the earthquake there was a fire,
but the Lord was not in the_____. And after the fire there was the sound of a gentle
_____... (and the Lord spoke to Elijah in a still, small voice).*

WAYS OF MEDITATION

Start by being alone and quiet and doing nothing else for 3 minutes - for 7 minutes.

One woman set her egg timer for 7 minutes so she wouldn’t be looking at her watch as the minutes seem to drag on. Maybe some day an hour will seem like 10 seconds.

-1- Practice the presence of God. Keep turning your mind back to him.

Do it sitting-while you are working-- while you are driving-while you are walking.

Do it while you are laying in your bed during a sleepless night.

-2- Write your thoughts down in a notebook.

Write down what you did and said and what happened in your day of life.

Then write down your take on yourself and your day.

Sometimes you might put a heading at the top of a page, such as

“Lord, what shall I do about_____.” Write down the ideas that come to you.

-3- Read aloud the Psalms. Say it like you are speaking to God.

Look at Psalm 23. It is written that way. *“Lord you are MY shepherd, I shall not want,*

I shall lay down in green pastures... . .”

-4- Turn every thought that comes to your mind into speaking to God.

You are worrying about money. *“Lord, I am worrying about money. Prosper me, Lord.”*

You are having a nasty thought. “Lord, I am having a nasty thought. Forgive me.”

You don't know what to do about one of your children. “My Heavenly Father, _____ give me some ideas of what I should do.”

-5- Mark up or write in your Bible. Any time you underline or circle something or write a comment in the margin, you are engaging in mediation. You are getting a hold of a truth that will likely change the way you live for the better. You are hearing God.

worrying about the big _____ she was preparing. She came to Jesus and said, ‘Lord doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.’ But the Lord said to her, “My dear Martha, you are so upset over all these _____. There is really _____ thing worth being concerned about. Mary has _____ it—and I won't take it away from her.”

What does this Scripture say to you? _____

TRUTHS ABOUT MEDITATION

-1-We find out it is about us. God speaks to his beloved children. • Psalm 139:17-18; 23-24 “How precious are your thoughts about _____, O God! They are innumerable. I can't even count them. They outnumber the grains of sand. And when I wake up in the morning, you are still _____me! _____ me, O God, and know my heart. Test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting _____.”

-2- We find out that God hears and acts immediately to answer prayers.

• Daniel 9:17,19 “O my God, _____ your servant's prayer! O Lord, forgive. O Lord, listen and _____! ...I went on praying and confessing _____ and the sins of my people. As I was praying, Gabriel, whom I had seen in the earlier vision, came swiftly to me at the time of the evening sacrifices. He explained to me, ‘Daniel, I have come here to give you insight and understanding. The _____ you began praying a command was given. I am here to tell you what is was, for God loves you very much.’ 10:12... Don't be _____, Daniel. Since the first day you began to pray for understanding and to _____ yourself before your God, your request has been heard in _____.”

-3- Sitting at the feet of Jesus (time spent with him) is more important

than the unending details of our lives that make us too busy to pray.

• Luke 10:38-42 “As Jesus and the disciples continued on their way to Jerusalem, they came to a village where a woman named Martha welcomed them into her home. Her sister Mary sat at the Lord's feet, listening to what he taught. But Martha was