

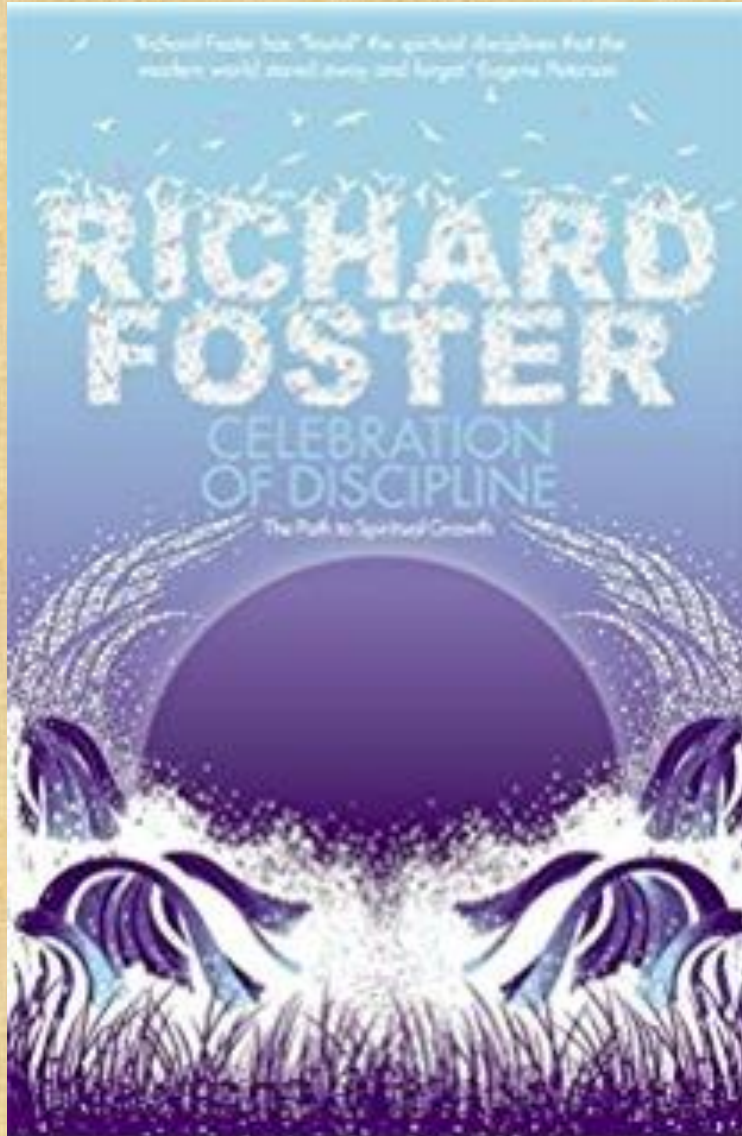




Be still

and know that I am God

# Celebration of Discipline



Meditation

Prayer

Fasting



# Christian Meditation

Psalm 119:97 – “Oh, how I love your law! I meditate on it all day long.”

Psalm 63:6 – “On my bed I remember you; I think of you through the watches of the night.

Matthew 14:13 – “When Jesus heard what had happened, he withdrew by boat privately to a solitary place.

# Christian Meditation



# Christian Meditation

- Spend time listening to God
- Have an “intimate relationship” with God
- Allow God to build an inner sanctuary in our hearts, but first we need to make space for Him to do this

# Christian Meditation

Marcia Montenegro:

[I]t seemed I was on the edge of a hidden wisdom, a truth higher than the everyday superficial thinking around me. I devoured books [...] on astrology, tarot cards, numerology, and other occult teachings. My spiritual progress seemed assured, especially since I was having so many paranormal experiences. I felt I was an insider in the spiritual realm.



# Christian Meditation

*Marcia Montenegro:*

An unexplained compulsion to go to a church gripped me in the spring and summer of 1990. Since I hated Christianity, churches and Christians by now, this made me angry. I first ignored this compulsion, then resisted it, and then, after struggling against it for awhile, I decided to give in, hoping that it would go away. It was probably from one of my former lives as a Christian priest or monk, I reasoned.



# Christian Meditation

Christian Meditation is less  
complicated than most  
people think it is!

# Four Christian Meditations

## *1: Meditation on Scripture*

- *Take a short passage, maybe just one verse*
- *Try to avoid analysing the passage*
- *Experience a passage rather than focussing on understanding*

# Four Christian Meditations

## *2: Centring Down (Re-Collection)*

- Place palms downward and hand over our concerns to God*
- Turn palms over to receive gifts from God*
- Spend time in silence receiving from God*



# Four Christian Meditations

## *3: Meditate on Creation*

- Choose an aspect of creation to focus on (e.g. a tree, a flower, a bumble bee)*
- Focus on the beauty of it, its shape and movements*
- Try to avoid analysing it and simply enjoy it*

# Four Christian Meditations

## *4: Meditate on Current Events*

- *Familiarise yourself with the current news*
- *Then switch off from newspaper or TV*
- *Spend time in silence to allow God to speak to us about the event we are focussed on*

# James Finley

“I think the Christian term would be an abandonment to divine providence—not just as an ideal, but as a kind of experiential inner peace that comes in being sustained by God. That changes people.”



# Christian Meditation

- A passive discipline
- Involves letting go rather than grabbing hold
- Focussed on us hearing God more clearly and spending time with the one who loves us so much

# Foster's Four Models

- Meditation on Scripture
- Centring Down (Re-Collection)
- Meditation on Creation
- Meditation on Current Events

# Christian Meditation

Give God space to speak  
to us and learn to hear  
His voice more clearly in  
our walk with Him