

Meditation Help

The AIM

"The aim is to encounter the life-transforming glory of God"

2 Cor. 4:6 - For God, who said "let light shine out of darkness" has shone in our hearts to give us the light of the knowledge of the glory of God in the face of Jesus Christ."

If you believe that's true, then you are accepting the need for mediation in your life!

TIME

-set times (a time that works - maybe late at night or mid-afternoon) - the point is to start with A TIME -

-Try 10 minutes

-Additionally, Recognizing moments of inward silence in the middle of the day

Looking out the window at creation

Close your eyes for a few second and just say "Lord have mercy on me"

These moments fuel meditation times.

PLACE

-a quiet place

Think: how often in a day do you scroll through a feed on your phone?

how often a day do you turn your phone off or put it on silent?

Trust me, if you have time to look at your phone, you have time to press and hold the power button and turn it off for 10 minutes!

-a window, go for a walk - experiment, see what helps you focus.

POSTURE

Quieting your heart - Centering yourself on Christ.

-Eyes - closed/open?

-hands - open, up? Posture of receiving

-bow your head? Posture of submission

-kneel on the ground – posture of confession / repentance

Mediate on:

Works of God

Psalm 119:27

Make me understand the way of your precepts, and I will meditate on your wondrous works.

-His work of salvation - you or people you know or stories in scripture

-his work of creation - he made and sustains the world around us and " the heavens declare the glory of God" and the "The mountains and hills will burst into song and the trees of the field will clap their hands' Isaiah 55:12

-Jesus meditated on simple things, like parent-child relationships, birds, and fields

Scripture -

Psalm 119:15

I will meditate on your precepts and fix my eyes on your ways.

-if you are a new Christian – Pick a verse or passage before you begin
-if you know the scriptures well, you may start with God's works and find you have verses come to mind that you can meditate on.

Read a story or a verse - for example a story from the gospels like Jesus and the Canaanite woman at the well (John 4) - use your imagination - see the story playing out in your head, watch, listen, imagine the tone, the facial expressions, the feelings of joy, confusion, compassion.

-depth, not breadth - now is not the time to study, its the time to embrace the scriptures like an old friend - the long fireside chat with all the details comes later.

-can result in memorization and aid memorization - but meditation is NOT the same as memorization.

The Glory of God / God Himself

Psalm 145:5

On the glorious splendour of your majesty, and on your wondrous works, I will meditate.

mediate on the image of God as a consuming fire like Ex 24:17, or of Christ as the lamb that was killed and raised back to life.

Listen for what the Spirit is saying to you!

“May the words of my mouth and the meditations of my heart be pleasing in your sight, o LORD, my rock and my redeemer.” Ps. 19:14