



MEDITATION

Desire: *To more deeply gaze on God through the written Word.*

Definition: *Meditation is a long, ardent gaze at God, His work and His Word. Slowing down and giving one's undivided attention to God lies at the core of Christian meditation.*

Scripture: *"Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do." (Joshua 1:8 NLT)*

God-given fruit:

- *seeing beyond a first glance and first impression to the heart of God*
- *developing a love for gazing on God*
- *experiencing the love and comfort of God from an awareness of Him around us all the time.*

Reflection Questions:

1. *How would you characterize your ability to pay attention?*
2. *When do you find it easiest to focus your mind or heart?*
3. *What is your gut reaction to the word meditation?*

Spiritual Exercises:

1. *Prepare yourself to meditate on Scripture by finding a quiet comfortable places. Sit in a position that you can maintain without effort or attention. Place yourself in the presence of God. Cast your anxieties and worries on the Lord. Ask Him to open your heart to His Word. read Psalm 42. Take your time, when a word "lights up" for you stop and attend. let the word or phrase roam around in your mind and heart. What do you hear? What do you notice in yourself? Write down any questions that surface. (*when your mind wanders, gently bring it back and continue your meditation. Don't feel you have to finish anything. Take your word with you. Begin again tomorrow with the same passage)*
2. *Take a walk in nature, meditating on the handiwork of God. The lilies of the field and the birds of the air spoke to Jesus of God's care (Matthew 6:26-31). How does God speak to you in His creation??*