



SPIRITUAL PRACTICES: MEDITATION/CONTEMPLATION

A. WHAT is Christian Meditation/Contemplation?

- Hebrew words: “siyach” and “hagah” which means listening, reflecting, ruminating, rehearsing.
- Christian meditation is focused on hearing God’s voice and obeying.

B. WHY Should We Practice Meditation?

1. All spiritual practices: acts of worship, help with sanctification, fight spiritual warfare.
2. Commune with Jesus (Revelation 3:20).
3. Practice hearing God’s Voice. (John 10:27)
4. Rids us of dependency on others to hear/apply God (Hebrews 4:16)

C. HOW To Meditate/Contemplate.

- Many different ways to meditate on God (art, God’s creation, guided prayers)
- Lectio Divina (“divine or holy reading”) is one method that combines Scripture and prayer

-Preparation: Pick a short passage, find a quiet/distraction-free place and pray

-4 Steps of Lectio Divina.

1. READING (“Lectio”) - slowly read passage a few times to get the big picture

2. REFELCTING (“Meditatio”) - read and interact with the passage

- What is the author trying to say?
- What is happening in the story?
- What words or phrases leap out at you?
- What is God saying to you through this passage?

3. RESPONDING (“Oratio”) - read passage again and respond through prayer and journaling; give an honest response to God.

4. REMAINING (“Contemplatio”) - Spend some time resting in His presence, think about the passage and what God is saying to you, and then ask for the courage and ability to obey Him.

D. Additional Meditation/Contemplation Resources

- *Celebration of Discipline* by Richard J. Foster
- *Sacred Rhythms* by Ruth Haley Barton

Questions or want to share your meditation testimony? Email me at leland@monterey.church

And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6