



MEDITATION

A Spiritual Discipline

About Meditation

"In meditation we gaze at something or someone long and lovingly. We seek the treasure or truth of what we see. It is an invitation to apprehend God." A. Calhoun

"To meditate on scripture is to allow the truth of God's word to move from head to heart. It is to dwell upon a truth so that it becomes a part of our being." Greg Ogden



Scripture



Taste and see that the Lord is good.

Psalm 34: 8

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

I will meditate on all Your work
And muse on Your deeds. Psalm 77: 12

Meditate in your heart upon your bed, and be still.
Psalm 4:4

Why...

What are the spiritual benefits of meditation?

- loving and adoring God more deeply
- experiencing calm, peace, from an awareness of Him
- growth in depth of insight

A. Calhoun

How to...

Meditating on God Himself:

- Stop and meditate (be still) on the characteristics/descriptions of God
- "Pay attention to God with your body by breathing deeply, relaxing" A. Calhoun

Meditating on God's word:

- Stop and write down what God is saying; repeat it aloud often during the day, sit on it and think deeply about it

Meditating on God's work:

- Stop and look at creation, be still and consider His works;
- Stop and consider His works in your own life- remember all He has already done for you

Meditating on people:

- Think about someone and how God sees them and how He delights in them