

Sunday, June 7, 2026

Ancient Practices for Everyday Faith: **Contemplation**

What are you in the practice of doing everyday?
Spiritual Disciplines give a Rule of Life defined by the WAY of JESUS.

The Discipline of **Contemplation**:

“Contemplate the good, the true, and the beautiful in Christ, and in so doing
be transformed by the renewing of your mind by beholding Christ
from one degree of glory to another.”

-Ronni Kurtz, *Fruitful Theology*

MEDITATION (Psalm 1)

MEMORIZATION (Psalm 119)

Knowing MORE

(Philippians 4:8; Romans 12:2; John 8:32)

Process: Repetition -> Concentration -> Comprehension -> Reflection

Recommendations:

- ***Mere Christianity* by C.S. Lewis**
- *Knowing God* by J.I. Packer
- *The Imitation of Christ* by Thomas a Kempis
- ***The Ruthless Elimination of Hurry* by John Mark Comer**
- *The Celebration of Discipline* by Richard Foster

**Will you rearrange your days
so the way of Jesus becomes your norm?**

The Practice of Contemplation will require a habit of SOLITUDE!
(Mark 6:30-46; Luke 5:16)

Will you grow into a familiar friendship with Jesus?