



Notes on Christian Meditation

At the close of the message you were invited to meditate this week. Many forms of Eastern meditation focus on emptying the mind. This is not the goal of Christian meditation. We certainly desire to remove distractions, and this will require clearing our thoughts (and our schedules if we're honest). However, Christian mediation centers on scripture, an attribute of God, or a promise given by God. Our meditation seeks to bring Jesus into focus as the guide and goal of our faith.

There are many ways to approach Christian meditation. One well-attested form follows the pattern of Lectio Divina. If you took part in our 6x2x2 Prayer last fall you may recognize this form from that experience. Make use of Lectio Devina or another form of Christian meditation this week. In one sitting, center your thoughts on John 1:1-10. At another time, focus on Revelation 3:15-20. (Feel free to shorten either of these to a single verse or phrase. Sometimes this can help with focus.)

Lectio Divina

Lectio Divina began in the 3rd Century, led by early church leader Origen. He believed that through a practice of reading the Bible thoughtfully and prayerfully you could discover what he called the "higher wisdom hidden in the Word of God."

Origen's idea was that Jesus himself was the way by which we can understand the meaning of the Bible and that, if we asked, Jesus would reveal its meaning to us.

The practice is about digesting the meaning of the word of God and taking time to think about it.

How To Practice Lectio Divina:

1. *READ*: Choose a passage of scripture (anything from one to 15 verses). Read it through slowly several times. If possible, read it out loud.
2. *MEDITATE*: Reflect upon the words being read. Listen carefully. Is there one word or phrase which stands out to you? Focus on the words. Repeat them. Allow God to speak to you.
3. *PRAY*: Respond to God. Tell Him what you think about what you've read. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you've uncovered.
4. *CONTEMPLATE*: Stop. Be still. Stop talking, stop asking and rest. Spend some time in silence sitting with God. Invite the Holy Spirit and allow Him to transform you from within.

As applicable, please share this resource with others who would benefit. An electronic version is available at www.calvaryslz.org. We can also add friends to our mailing list if that is preferred.

Lectio Divina explanation is from www.24-7prayer.com.