

Meditation: Step 10 For Cultivating Daily Delight in Prayer

“Could you not watch with Me one hour?”
Matthew 26:40 (NKJV)

Step Ten _____

Basic Definition

The Act of Spiritual _____

Action Focus: Focused _____

Key Word: _____

Voices from the Past:

“A prayer life doesn’t just mean hours spent in actual prayer, but hours of study and meditation in the Word until the life becomes literally absorbed in the Word and the Word becomes a very part of us.”

—E. W. Kenyon

MEDITATION: A Biblical Basis

Scripture:

I remember the days of old; I meditate on all Your works;
I muse on the work of Your hands.

Psalms 143:5 (NKJV)

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Joshua 1:8 (NKJV)

Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

Philippians 4:8 (NKJV)

I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search.

Psalms 77:6 (NKJV)

These are the wise sayings of Solomon, David's son, Israel's king—Written down so we'll know how to live well and right, to understand what life means and where it's going; A manual for living, for learning what's right and just and fair; To teach the inexperienced the ropes and give our young people a grasp on reality. There's something here also for seasoned men and women, still a thing or two for the experienced to learn—Fresh wisdom to probe and penetrate, the rhymes and reasons of wise men and women.

Proverbs 1:1-6 (MSG)

Voices from the Past:

“Dreaming is not meditation. Dozing is not thinking. Prayer in the secret place demands every faculty at its best. Call every faculty of the mind and body to

remembrance, recognition, and realization of the God that is in the secret and seeth in secret. Hold the mind to this fact. Tolerate no distraction, allow no diversion, indulge no dissipation.”

—Samuel Chadwick

Summary Definition of MEDITATION...

A time to _____

MEDITATION: A Closer Look

From two Old-Testament Hebrew words:

A. *Hagah*: “To _____ or _____.”

B. *Sicah*: “To _____ down.”

From the New-Testament Greek Word:

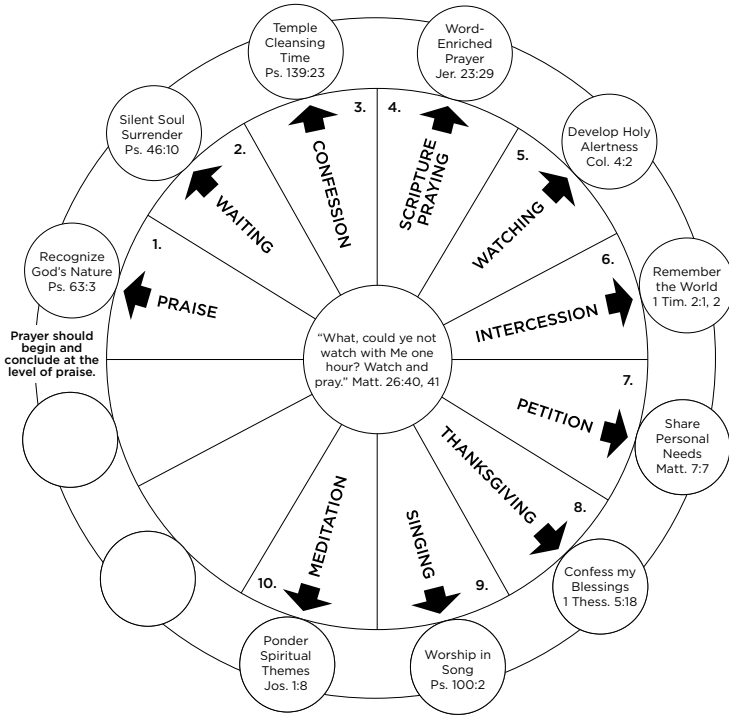
Meletaeo: “To be _____; to show _____.”

MEDITATION: A Prayer Application

Ponder spiritual _____.

Voices from the Past:

“What will be the result of meditation? Simply this, a man becomes what he thinks! ‘For as he thinketh in his heart, so is he...’ (Proverbs 23:7). We become like what we think upon. Meditation restores calmness to the soul. ‘Thou wilt keep him in perfect peace, whose mind is stayed on thee...’ (Isaiah 26:3). Meditation leads to stability of life. ‘He shall be like a tree planted by the rivers of water...’ (Psalm 1:3)... Meditation paves the way for divine direction. ‘Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths’ (Proverbs 3:5-6). Meditation will protect and guard our



Notes:

Where to Next?

MEDITATION...

Four Ways to Get Started and Keep Going!

Following are four suggestions to help you personally apply this aspect of the 12 in daily prayer.

A Practical Prayer Summary
Step 10 in World-Changing Prayer

1. Select a theme or Scripture passage for your time of meditation, applying full attention to that specific area of spiritual thought.
2. Allow your mind to wander within the framework of your chosen theme. Ponder all aspects of the theme carefully in reference to God.
3. Ask questions about this theme that might lead you into an even deeper mental study of the subject.
4. Bring Scripture into all phases of meditation. This strengthens your awareness that God's Word is the necessary foundation for all meaningful spiritual thought.

AFTERTHOUGHTS... PONDER AND PRAY

Ponder Points:

Discuss (or ponder) why you think Satan has used the act of meditation (through such activities as yoga, Scientology, Eastern religions and other New Age forms) to hold the minds of unbelievers captive. What do you think makes biblical meditation so powerful in the life of the believer?

Personal Afterthoughts:

Prayer Points:

Take several moments just to be still and meditate on something of God's Word (what He has said) or something of God's works (what He has done). End your time of prayer by describing back to God why you so appreciate the truths you have seen as you were meditating.