

The Ancient Paths: Meditation

Psalm 1 ❖ Romans 12:1-2

“We must understand that the reality of communication with God, and loving God, must take place in the inward self. There is no use talking about loving God except to understand that it takes place in the inward world of our thoughts.”

(“True Spirituality,” Francis Schaeffer, pp. 120-121)

“He Walks with Me and He Talks with Me”

The year was 1884 and C. Austin Miles wanted to study for the _____, but his family couldn’t afford it, so he went to work at a pharmacy. But he had a gift for writing songs, especially _____. A few years later, a Christian publishing house _____ a collection of Miles’ songs and hired him to work full-time composing _____.

One day in 1912, after Miles had read John 20, he was _____ on the story of the first _____. He said he became a silent _____ to the morning when the grieving Mary saw the resurrected Jesus. “I saw Him, too,” he said, and he wrote as quickly as the words could be _____ a poem. Later that evening he wrote the _____ to his most famous hymn, “In the _____.”

“And He _____ with me, and He _____ with me,
And He _____ me I am His own;
And the joy we _____ as we tarry there
None other has ever known.”

We, too, can “_____ and _____” with Jesus. It’s called _____.

The Ancient Paths

What makes a person a Christian? _____ in _____.

What makes a person an effective Christian? Practicing the _____ Christian _____.

The *Inward* Disciplines: Meditation, _____, Fasting, and _____

The *Outward* Disciplines: Simplicity, _____, Submission, and _____

The *Corporate* Disciplines: Confession, _____, Guidance, & _____

What Meditation Is Not

Christian meditation is *not* like the meditation practiced by adherents of _____ religions, where the goal is to _____ your mind; the purpose is to _____ your mind with God’s Word.

Christian meditation is *not* _____; it is, in fact, the opposite - it is _____.

Christian meditation is *not* _____; it is possible, through the Holy Spirit, to _____ God.

What Meditation Is

“Blessed is the man
who does not _____ in the counsel of the wicked
or _____ in the way of sinners
or _____ in the seat of mockers.
But his delight is in the _____ of the LORD,
and on His _____ he _____ day and night” (Ps 1:1-2).

“Christian meditation, very simply, is the ability to _____ God’s voice and _____ His Word. It’s that simple. I wish I could make it more _____ for those who like things difficult. It involves no mental gymnastics, no esoteric fights into the cosmic consciousness” (“Celebration of Discipline,” Richard Foster. p. 17).

“Do not conform any longer to the pattern of this _____, but be transformed by the renewing of your _____” (Romans 12:2).

Takeaway

German Pastor Dietrich Bonhoeffer, who was _____ by the Nazis, was once asked _____ he meditated. He answered, “Because I am a _____.”

The only way to learn to meditate is by _____.

As we come to the Lord’s Table, let’s _____ on the deep, deep love of Jesus expressed on the _____.

Let’s attempt to use all of our _____: to *see*, to *hear*, to *touch*, to *smell*, and to *taste* as we reflect on the _____ of Jesus.

