



the
P.R.I.S.M.
of prayer

“Encountering God in the light of prayer”

Session 5

MEDITATION

Prayer Review

- Praise
- Repentance
- Intercession
- Specific Requests
- Meditation

A. The nature of Prayer (**I Samuel 3:1-10**)

- Prayer is communication
- Prayer is communication between 2 persons
- Meditation is based on that 2 persons communication

B. The nature of God (**John 1:1-14**)

- God defines himself as “the Word”
- God is a speaking God
- He is not silent
- He can be heard and understood

C. The nature of God’s Word (**Hebrews 4:12**)

- God, “The Great Communicator,” has written a Book
- The Word of God is alive
- The Bible is the “voice of God”
- God’s voice is always in the “present tense”
- Our Heavenly Father is speaking and we can hear his voice

The Nature of Meditation

What is Meditation:

WHAT MEDITATION IS NOT:

“Meditation may be an ancient tradition, but it’s still practiced in cultures all over the world to create a sense of calm and inner harmony. Although the practice has ties to many different religious teachings, meditation is less about faith and more about altering consciousness, finding awareness, and achieving peace.”

Holly J. Bertone
Healthline Website Article

WHAT MEDITATION IS:

“One sad feature of our contemporary culture is that meditation has become identified more with non-Christian systems of thought than with biblical Christianity. Even among believers, the practice of meditation is often more closely associated with yoga, transcendental meditation, relation therapy, or some New Age practice than with Christian spirituality. Because meditation is so prominent in many spiritual counterfeit groups and movements, some Christians are uncomfortable with the whole subject and are suspicious of those who engage in it. But we must remember that meditation is both commanded by God and modeled by the godly in Scripture.”

Dr. Donald Whitney

“Meditation is the pondering of the soul on Divine things through the medium of the Word, the devout consideration of some particular truth, or revelation, or promise: as preceding, accompanying, and following all prayer it is the strength and best grace of devotion.”

William Pope

Christian meditation is the act of filling one’s mind with Scripture, and dwelling on God and all that He offers to humanity. Meditation is quieting our hearts with Scripture as a means of gaining a deeper intimacy with the Triune God.

READ: PSALM 1:1-6

I. The basics of meditation

Never forget the “four gets” of meditation:

1. **Get** serious with determination (**Psalm 42: 1-2**)
2. **Get** close in fellowship (**James 4:8a**)
 - God’s voice is usually not a shout to his children, it is a whisper.
 - To hear his whisper, we must come close to him.
3. **Get** full with his Word (**Joshua 1:8**)
 - Meditation is always focused on God’s words.
 - Meditation literally means to “murmur or matter.” It means to talk God’s words to ourselves.
 - The idea is filling our mind in contemplation
4. **Get** quiet in God’s presence (**Psalm 46:10**)
 - Prayer is just as much listening to God as it is talking to God.
 - “Rushing” is not ever helpful to “listening.”

II. Responding to God’s Message:

1. **OBSERVATION**—What does the text say?
2. **INTERPRETATION**—What does the text mean?
3. **APPLICATION**—How does the text apply to my life?
 - a) Wrangle it through (Think/Talk)
 - b) Work It out: The “P.R.I.S.M.” of Meditation
 - c) Write it down

III. Let’s Practice:

