



The Recalibration of Meditation

Psalm 1

Listen! The discipline of meditation has been hijacked!

Why talk about this? Meditation is the property of the people of the living God.

- We need to recover meditation as a discipline for drawing near to God and putting ourselves on the Potter's wheel to be shaped by God.

Read: Psalm 1. Page 393 in the Old Testament section (first set of numbers).

Psalm 1:

- **Walk—sit—stand:**
- **Delight:**
- **Meditates:**
- **Day and night:**
- **Like a tree:**

Idea: Christian meditation is the inner focus and reflection on the Word of God and the Person of God in order to draw near to God, be more like God, and learn from God.

Meditation 101: The Art of Inner Contemplation:

- Christian meditation is not simply “detachment”—meditating on nothing.
- Christian meditation is not reflection of falsehood and lies.
- Christian meditation is reflection and focus on truth.
 - The truth of God's Word. Ps 1:2 and Ps 119:78, 148.
 - The truth of God's Person. Ps 63:6.
 - The truth about myself. Romans 7.
- Christian meditation results in closer fellowship with God.

- Christian meditation results in being and acting more like God.

- Christian meditation results in learning from God.
 - We may gain new information—always compatible with the rest of the Word.
 - We may gain recalibration and remembrance of things we have forgotten.

- Christian meditation is done in quiet, lonely, reflective places.

For Instance:

Applications : The practice of Lectio Divina:

- Reading:
- Meditation:
- Prayer:
- Contemplation:

“Walking Papers”

Practical helps for walking the Christian walk this week.

The Central Idea: Christian meditation is the inner focus and reflection on the Word of God and the Person of God in order to draw near to God, be more like God, and learn from God.

Following Christ is a daily deal. Please take some time each day this week to think through these questions and ideas:

- **Today.** Can you make a list of the lies you believe and meditate on?
- **Monday.** Would you be willing to repent of the lies you reflect on?
- **Tuesday.** Take Psalm 1:1-3 and work through the “lectio divina” process.
- **Wednesday.** Read Matthew 5:3 and take some time for meditation on it.
- **Thursday.** Read Revelation 4:11 and take some time for meditation on it.
- **Friday.** Read Revelation 1:8 and take some time for meditation on it.
- **Saturday.** Read Acts 1:8 and take some time for meditation on it.

“As a man thinks in his heart so he is.”