



Spiritual Disciplines

SESSION 2: MEDITATION

Based on *Celebration of Discipline*
by Richard Foster

REVIEW

Spiritual Disciplines are

- for everyone
- central to experiential Christianity
- about transformation

MEDITATION - EASTERN VS WESTERN

When you hear the words "meditation" or "meditate," what images, thoughts, feelings, or the like come to mind?

"Eastern Meditation is an attempt to empty the mind; Christian meditation is an attempt to empty the mind *in order to fill it.*" (*emphasis added*)

Richard Foster, Celebration of Discipline

WHAT IS CHRISTIAN MEDITATION?

"Meditation is the ability to hear God's voice and obey his Word. We can hear his voice if we learn to listen.

Meditation is the root of all the other disciplines, because it enables us to do God's will."

"Jesus Christ is alive and here to teach his people himself. His voice is not hard to hear; his vocabulary is not hard to understand. But we must learn how to hear his voice and to obey his word. It is this ability to hear and obey that is the heart and soul of Christian meditation."

Richard Foster, Celebration of Discipline: Study Guide

- Learning to hear God's voice
- Entering into Scripture or Creation with God
- Hear and Obey

HOW TO MEDITATE

"The inner world of meditation is most easily entered through the door of the imagination"

Richard Foster, Celebration of Discipline: Study Guide

- Centering Down: "Palms Down, Palms Up" & Breathing
- Entering into Scripture or Creation with God
- Scripture Meditation: Ignatius of Loyola and the *Spiritual Meditations - Lectio Divina*
- Scripture Meditation and the 5 Senses



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PRACTICE MEDITATION

1. We will begin with Centering Down. You may practice "Palms Down, Palms Up," Inhale-Exhale Breathing, or any other way you feel you can Center Down.
2. We will read Matthew 7:24-29 three times.
 - a. For the first reading, listen to the overall movement of it. Ask the Lord for the grace to hear it, as if you are hearing it for the very first time
 - b. For this second reading, listen for a word or phrase that catches your attention. Maybe it's a word or phrase that stirs your curiosity or comforts you or even agitates you. Listen for a word or phrase from Scripture that invites you to pause and linger.
 - c. For the third reading, if a word or phrase has come into bold print for you, linger with it. What thoughts or feelings arise in you as you hold this word or phrase? How does this word or phrase intersect with your life right now?
 - d. After the reading, Speak honestly with God about your response to his word and listen to God's response to you. What is God's call or invitation. In the quiet, enjoy a time or wordless communion with God.

Matthew 7:24-29

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law.