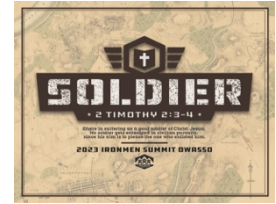


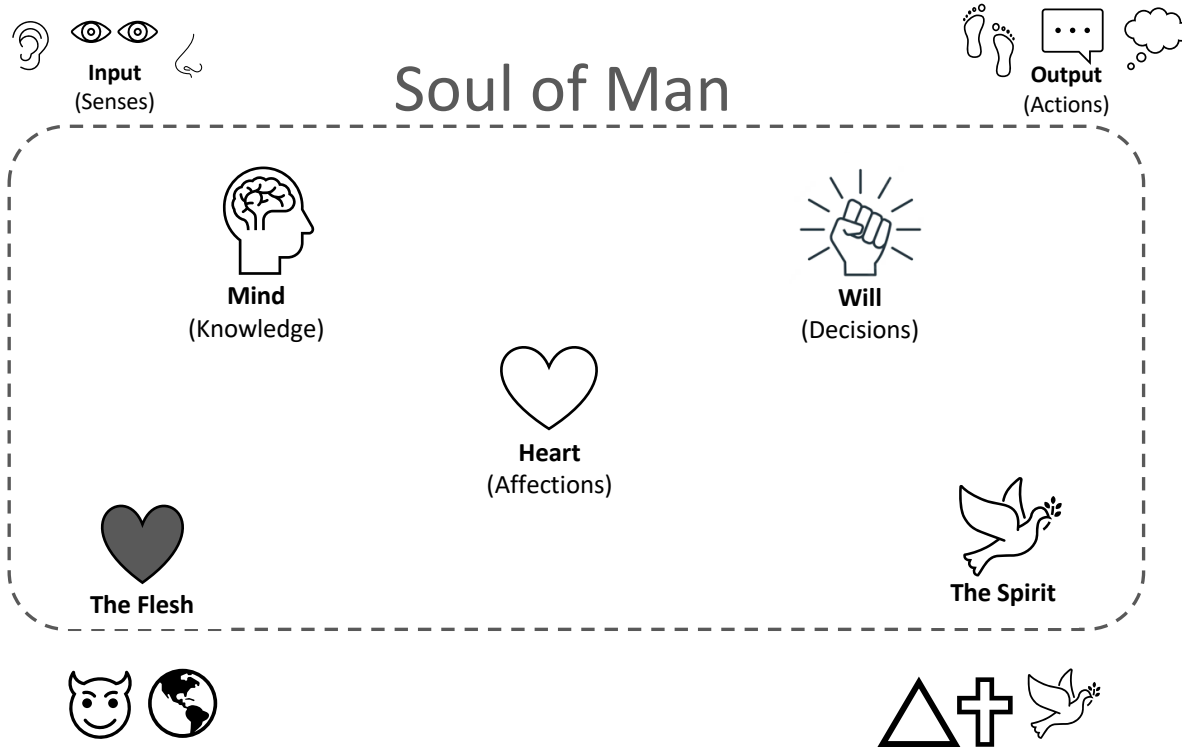
# Ironmen Breakout 2023

## Weapons Training – Prayer & Meditation<sup>1</sup>

Ted Johnson, February 25, 2023



### 1) BATTLEFIELD ANALYSIS



### 2) CAUTIONS

1. Caution #1: This Weaponry is Old Technology

2. Caution #2: This Weaponry is not for Old Men

**Green heads look upon meditation as only fit for the phlegm and decay of old age – Manton**

3. Caution #3: Meditation is not Contemplation

**“contemplation” is the bare gaze of the soul upon “God” without any supplied reference**

**“meditation” is enforcing truth upon the soul – Manton**

<sup>1</sup> Quotes used in this training are derived from Stephen Yuille’s session at the 2022 Puritan Conference, accessed at [www.puritanconference.org](http://www.puritanconference.org)

### 3) PROPER USE

1. **Meditation begins with pregnant thoughts** – Manton

2. **We taste things better when they are chewed than when swallowed whole** – Manton

**Meditation is both the mother and the nurse of godliness** – Manton

**The beast under the Law that did not chew the cud was unclean** – Manton

3. **(Then) Our affections follow our apprehensions** – Manton

*When separated from object of love, we feel desire. When in presence of what we love, we feel delight.  
When separated from object of hate, we feel fear. When in presence of what we hate, we feel disgust.*

**There are times when the soul falls into the arms of Christ** – Manton

4. **Goal of meditation**

**Spiritual life is but a vain imagination unless we often take time for serious spiritual meditation.** – Yuille

5. **Holy Spirit joins His power and efficacy with the Word** – Manton

#### 4) FURTHER MOTIVATIONS

1. **Meditation is the life of all the means of grace** – Manton

**Any spiritual duty, name it, meditation is its lifeblood** – Yuille

**Apart from meditation, the means of grace are like a winter sun, that shines but warms not.** – Yuille

2. **If you mean to keep in the fire, you must ply the bellow and blow hard** – Manton

3. **A glance does not discover the worth of anything.** – Manton

4. **That which fills an ocean will fill a bucket** – Manton

## 5) PRACTICE

**So, how do I do this? – where do I point it? how do I pull the trigger?**

There is not a strict methodology for how to go about this...

But I do want to point to some practical helps for a day by day motions... (tweak as you like)

**S**ettle: Start by praying for God’s blessing – Ps 119:18, 34, 36, 112, Eph 1:17-19 (come with anticipation)

**O**bserve: Focus on a biblical truth (best done by reading your Bible or by reviewing a beautiful biblical truth that you were taught that week). Take in biblical truths, looking for the “most valuable” truths before you.

Not “speculative meditation” (whatever enters your mind about God)

Not a subjective reading (trying to find what it seems to say to me)

Not rationalistic reading (a textbook for doing life well)

Not “bible study” (mining out new truths)

But rather rigorous “Scriptural meditation,” a reflecting reading – thoughtfully surveying readily available truths to reflect on and feed your affections.

Note: if you are new to the faith or a limited in your understanding of Scriptural truths, the depth of your meditations may be small. Be faithful in the little things, and the Spirit will progressively give you a hunger and understanding for more and more. And growing familiarity will not breed contempt, but only deeper and deeper delight.

**A**pply: Ask 3 questions, directing the truth to your own soul...

1. Process: what does this teach me of God and my response to God?
2. Evaluate: whether I am actually responding to God in this way?
3. Resolve: thus, what change will I make today in the motions of my will

**R**espond: Prayer – Adoration, Confession, Thankfulness, Supplication

for the 5 My’s: my self, my brothers, my others, my leaders, my enemies.

## 6) PRAYER

Prayer is the appropriate outflow of meditation – informed and impassioned prayers only flow from a heart prepared via diligent meditation... Otherwise one’s prayers will tend toward being either paltry or pretense...

Meditation fueled prayers flow freely from souls...

- enlightened with knowledge of mercies \_\_\_\_\_
- enflamed with gratefulness for mercies \_\_\_\_\_
- overwhelmed with awareness of mercies \_\_\_\_\_

Example: Eph 6:14-18 – It is worth noting that in Paul’s soldier statement of how one might “stand firm” in the battle, there is only one enduring “action” Christ’s soldier is to take in the list (present tense, v. 18), once one is fully suited up (aorist tense, v. 14-17)