

Revelation through Meditation

I want to know Christ!

Rightly relating to Jesus

Rightly relate to Jesus and we rightly relate to our Father.

How can we get to know Jesus?

The only source that reveals Jesus is the Scriptures. They are the words/pictures/stories/experiences that the Spirit of God has caused prophets and apostles to record. They are the Spirit's invitation to get to know Jesus and the Father. There is no other way.

Meditation is a way of prayer where we ask the Holy Spirit to write the scriptures on our hearts as they are written on the page. We are asking the Spirit to open our eyes, to open our ears, to introduce us to Jesus and to deepen and grow our relationship with our Father.

- It is intentional – we decide this is how we are going pray – means time/place
- It is an exercise – one of many ways to develop our relationship with God

There are no short-cuts – this is not “Macdonald's” fast-food but rather leisurely romantic dining with God where all your attention is on seeing, hearing and knowing him.

Get Started

Pick a verse

Meditate

- **Read it**
 - read the one verse several times
 - look for key phrases or words
 - think of other ways to say the words
 - notice which words may be emphasised and how that affects the meaning
- **Write it**
 - Write the verse exactly as it is written
 - Set your Bible aside
 - Write a small phrase
 - Write what insights the Spirit gives
- **Say it**
 - Say the verse or phrase out loud – so you can hear it
 - Say it over and over again – certain words will carry weight
 - Repeat them over and over

- Chew the cud!
- **Sing it**
 - Singing is a means to unlocking your heart
 - Take your phrase and sing it over and over again
 - Just use any tune that comes
 - Singing is unique in that it carries thought and melody at the same time
 - It impacts our hearts and God's heart too – a new song – on the hoof!
- **Pray it**
 - Prayer is the communion with God.
 - When you repeat a phrase and believe it, you are speaking to God.
 - All scriptures are invitations to come closer to God

R – W – S – S - P

Community Meditation

- In a small group everyone meditates on the same verse individually – no discussion. This enables **personal** knowledge of God.
- Take time to share what God has been showing - this is not a comparison exercise to see who “did it best” – it is a receiving exercise by the rest of the group to what the Spirit is saying
- Pray the verse together – entering into the invitation of God to know him together.

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Tasks:

Verse:

Revelation:

Pursuits:

