

The Dot - 9/5/20

Spiritual Disciplines and Practices: *Meditation*
Interview with Caleb Vanderwall



Definition:

Meditation is a long, passionate gaze at God, His work, and His Word. It is the practice slowing down and giving all your attention to God. Allowing yourself to sit in the Word of God for reflection and to soak up His truths. Meditation will allow you to experience calmness and peace from an awareness that God is near.

Scripture:

- Joshua 1:8- *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*
- Psalm 19:14- *May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.*
- Philippians 4:8- *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Reflection Questions:

- When do you find it easiest to focus your mind and heart?
- What are some of the distractions that you face in your life that make it hard to slow down?
- Why do you think God wants us to sit in His Word and soak it up?
- Is there something going on in your life that you need help with? (anxiety, stress, depression, discouragement, loneliness, anger, judgement, comparison, etc.)
- How can meditating on a verse or passage about that topic be helpful?

Spiritual Exercises:

- Consider a struggle, concern, or desire you have. Choose a verse or passage that relates to that topic. Read it several times. Sit in the verse and focus on each word. Make the verse a prayer to God. (ex. 1 Peter 5:7- *Cast all your anxiety on him because He cares for you.*)
- Mulling over, chewing on and contemplating over God's Word and it's application.
- Paying attention to God with your body by slowing down, relaxing, and breathing deeply.
- Meditating on Jesus and on His Words.

Additional Resources:

- *Spiritual Disciplines Handbook* by Adele Calhoun
- Student Study Bible
- Breath- Calvary's Online Devotional- <https://calvarylife.org/breathe/>