

Contemplative Meditation

Benefits

1. *Contemplative meditation* is not about thinking with your mind but about attuning your soul to the reality of God's indwelling presence.

a. In tuning a guitar, you pluck one string until the adjustment is made. This exercise does the same for our soul.

b. The process of attuning our souls may often seem boring, ineffective, and useless. Measuring your progress may well discourage you. But if you practice in faith, in hope, and in love you will find a gradual, but growing awareness of God. And ultimately you recognize attunement.

c. Through Contemplative Meditation, we pluck the string while God adjusts our soul. It is a faith activity. God will not do your part; you cannot do his part.

2. *Contemplative meditation* is a non-cognitive exercise aimed at increasing our intimacy with God and our awareness of his presence.

a. Another example of non-cognitive spiritual exercise is the *gift of tongues*.

1 Corinthians 14:4 *The one who speaks in tongues advances his own spiritual progress....14 For if I pray in this way, my spirit prays indeed, but my mind has no part in it. 15 What should I do, then? I will pray with my spirit, but I will pray also with my mind...*

3. *Contemplative meditation* is being still in order to know God.

Psalm 46:10 *Be still and know that I am God.*

4. *Contemplative meditation* is exposing ourselves to God at the level of the subconscious.

a. The subconscious mind is powerful and pervasive. It operates constantly feeding our conscious mind with evaluations, emotions, fears, hopes, ideas, and unconscious vows.

b. Contemplative meditation allows God to inhabit, cleanse, transform, inform, and flow through our subconscious.

5. *Contemplative meditation* is an activity aimed at enhancing the conviction and the realization that God is living in us.

a. This prayer leads us below the conversational level to the communion level.

1 Corinthians 6:17 But the one who joins himself to the Lord is one spirit with Him.

Romans 8:16 For his Spirit joins with our spirit to affirm that we are God's children.

Philippians 2:12-13 Be energetic in your life of salvation, reverent and sensitive before God. 13 That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure. (MSG)

6. *Contemplative meditation* is a means of diminishing the common hindrances to our perception of God's presence with us. It is a means of decreasing the persistent stream of thoughts which sustains our usual way of thinking of ourselves and the world.

7. *Contemplative meditation* conditions us to an absence of self-awareness. This practice allows our minds to stop thinking constantly about ourselves. It allows God to take his rightful place at the Center.

8. *Contemplative meditation* illumines the Source and strengthens the practice of all other types of devotions. All spiritual disciplines then become a relational activity.

Methodology

1. Sit in a comfortable position, the body relaxed.
2. Choose the word or phrase you will use as a symbol of your intention to consent to God's presence and action within you. Using this phrase will help you to narrow your attention to one desire and draw you into non-cognitive psychological space. (**1 Cor. 14:14**)
3. Silently introduce the phrase, repeating it, gently and slowly, often enough to keep your mind from wandering. Anytime you become aware of thoughts, ever-so-gently return to the words.
 - a. "Thoughts" is an umbrella term for every perception including sense perceptions, feelings, images, memories, reflections, or commentaries.

- b. Thoughts are a normal part of contemplative meditation but we do not want to allow them to pull us away from the simple intention to just be present.
- c. We are not trying to empty our minds of thoughts. We are only seeking to be detached from them while maintaining our one intention to surrender to God.
- d. Returning ever-so-gently to your word or phrase is the *only* activity we initiate during this prayer. Do it with minimum effort. Return to it any time you become aware of thoughts.
- e. The word or phrase may become vague, remain as only an impulse of your heart, or disappear altogether into a deep and peaceful silence. That's okay. The point is stillness in God's presence, not the word or phrase. You do this kind of prayer because you are in love and want to be with God, your Father and your Friend.
- f. Work with one phrase for several days. Regular, consistent practice is most meaningful.
- g. You might do this practice for 5 minutes in the morning and in the evening.
- h. Or, you might practice it regularly throughout the day.
- i. Moving toward 20 minutes of practice in the morning and 20 minutes in the evening is a very healthy exercise for your soul.

Practice

Our phrase for this week:

Be still and know that I am God. I am Peace within you.

The sun meets not the springing bud that
stretches towards him with half the
certainty as God communicates Himself to
the soul that longs to partake of Him

--William Law

The Divine Nature in You

2 Peter 1:4 (BBE) And through this he has given us the hope of great rewards highly to be valued; so that by them **we might have our part in God's being**, and be made free from the destruction which is in the world through the desires of the flesh.

2 Peter 1:4 (NLT) And because of his glory and excellence, he has given us great and precious promises. These are the promises that **enable you to share his divine nature**

Colossians 2:9-10 (AMPC) For in Him the whole fullness of Deity (the Godhead) *continues to dwell in bodily form* [giving complete expression of the divine nature]. 10 And you are in Him, made full and having come to fullness of life [in Christ **you too are filled with the Godhead—Father, Son and Holy Spirit**—and reach full spiritual stature].

Colossians 2:9-10 (TLB) For in Christ there is all of God in a human body; 10 so you have everything when you have Christ, and **you are filled with God** through your union with Christ.

Colossians 2:9-10 (TPT) For he is the complete fullness of deity living in human form. 10 And our own completeness is now found in him. **We are completely filled with God** as Christ's fullness overflows within us.

Ephesians 3:19 (AMP) and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], **that you may be filled up [throughout your being] to all the fullness of God** [so that you may have the richest experience of God's presence in your lives, **completely filled and flooded with God Himself**].

Ephesians 3:19 (AMPC) [That you may really come] to know [practically, through experience for yourselves] the love of Christ, which far surpasses mere knowledge [without experience]; that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and **become a body wholly filled and flooded with God Himself**]!

Ephesians 3:19 (GNT) Yes, may you come to know his love—although it can never be fully known—and so **be completely filled with the very nature of God.**

Philippians 2:13 (TPT) God will continually revitalize you, **implanting within you** the passion to do what pleases him.

Philippians 2:13 (AMPC) [Not in your own strength] for it is **God Who is all the while effectually at work in you** [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.

Philippians 2:12-13 (MSG) Be energetic in your life of salvation, reverent and sensitive before God. 13 That energy is God's energy, **an energy deep within you, God himself** willing and working at what will give him the most pleasure.