

FROM THE CENTER FOR FAITH & WORK:

A MEDITATIVE PRAYER METHOD

FAITH & WORK



INTEGRATE
THE INSEPARABLE

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Due to copyright limitations, we've provided just the first passage of the Meditative Prayer. For the following weeks, the Scripture reference can be found at the top of the page. Please use the provided chart and questions to guide you through each meditative prayer.

Like most people, my devotional time consisted of a) Bible reading and then b) prayer. My prayer life changed, however, when I learned of and added a 'middle discipline' – meditation – between plain Bible reading and full out prayer. Meditation is prayer – full reflection on what God has just told you in His word. It is neither study nor prayer, exactly, but a combination. Psalm 1, which is not a prayer, but a meditation, indicates that meditation is the doorway into deeper prayer. Learn to do meditative prayer, and you will enrich your prayer life in untold ways.

– Timothy Keller

February 2006 (used with permission)

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FOUR STEPS

1. Quieting yourself (3 mins)

Focusing: To prepare to meet with your Lord.

2. Bible reading (10 mins)

Listening: To understand the truth.

3. Meditation (5 mins)

Reflecting: To sense the reality of the truth in your heart.

4. Prayer (5 mins)

Speaking: To see God at work in your/others' lives and the world.

1. QUIET YOURSELF

Silence ... Simple Prayer ... Quiet Music or Hymn ... Deep Breathing

Take a few minutes to bring your focus to the Lord and shut out the world. Experiment. Vary this.

2. BIBLE READING

Slowly read a paragraph of scripture two to three times, inviting the Holy Spirit to reveal truth to you. Read to get understanding. Then write down answers to the following: (Don't try to hold your answers in your head – writing your thoughts down is important to retention.)

A. What does this passage tell me about God or Christ? What does it tell me about me or mankind? (eg, nature of man, examples to avoid or follow, promises to claim) A t-chart can help here. Use the left column to record what the text says about God/Christ and the right column about Humankind/Me.

B. What is the truth that is the most compelling?
Put into your own words.

3. MEDITATION

Think about this particular truth or verse and what it really is saying.

A. How would I be different if this truth was explosively alive in my inner most being?

B. Why is God showing me this today?
As thoughts become clear/convicting, write them down.

4. PRAYER

Pray through this truth. Some find the ACTS model helpful. But the essence is to simply respond to what God has shown you. Just be yourself. Try not to rush. A response can also be silence as well.

Adore: praise God or Christ for what this reveals about Him.

Confess: and repent for wrong behavior, harmful emotions, false attitudes when I forget He is like this

Thank: for Christ's grace to forgive, to heal, to bless you.

Supplicate (ask): for aid, comfort, how to apply this truth today – for yourself and for others in your life and work place.

WEEK 1

Jeremiah 17:5-8

⁵ Thus says the Lord:

“Cursed is the man who trusts in man
and makes flesh his strength,
whose heart turns away from the Lord.

⁶ He is like a shrub in the desert,
and shall not see any good come.

He shall dwell in the parched places of the wilderness,
in an uninhabited salt land.

⁷ “Blessed is the man who trusts in the Lord,
whose trust is the Lord.

⁸ He is like a tree planted by water,
that sends out its roots by the stream,
and does not fear when heat comes,
for its leaves remain green,

and is not anxious in the year of drought,
for it does not cease to bear fruit.”

God / Christ

Humanity / Me

What truth most stands out to you today?

How would I be different if I really believed this?

Why is God showing me this now?

Now pray this truth for yourself:

A(dore)

C(onfess)

T(hank)

S(upplicate or Ask)

Include others too in this prayer: _____, _____,
_____, _____.

WEEK 2

Psalm 1

¹ Blessed is the man

who walks not in the counsel of the wicked,

nor stands in the way of sinners,

nor sits in the seat of scoffers;

² but his delight is in the law of the Lord,

and on his law he meditates day and night.

³ He is like a tree

planted by streams of water

that yields its fruit in its season,

and its leaf does not wither.

In all that he does, he prospers.

⁴ The wicked are not so,

but are like chaff that the wind drives away.

⁵ Therefore the wicked will not stand in the judgment,

nor sinners in the congregation of the righteous;

⁶ for the Lord knows the way of the righteous,

but the way of the wicked will perish.

God / Christ

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WEEK 3

John 15:1-8

"I am the true vine, and my Father is the vinedresser. ² Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. ³ Already you are clean because of the word that I have spoken to you. ⁴ Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. ⁵ I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. ⁶ If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. ⁷ If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. ⁸ By this my Father is glorified, that you bear much fruit and so prove to be my disciples.

God / Christ

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WEEK 4

1 Thessalonians 5:16-24

¹⁶ Rejoice always, ¹⁷ pray without ceasing, ¹⁸ give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

¹⁹ Do not quench the Spirit. ²⁰ Do not despise prophecies, ²¹ but test everything; hold fast what is good. ²² Abstain from every form of evil.

²³ Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ He who calls you is faithful; he will surely do it.

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WEEK 5

Romans 8:5-11

⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. ⁸ Those who are in the flesh cannot please God.

⁹ You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to you mortal bodies through his Spirit who dwells in you.

God / Christ

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WEEK 6

Romans 8:12-17

¹² So then, brothers, we are debtors, not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴ For all who are led by the Spirit of God are sons of God. ¹⁵ For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" ¹⁶ The Spirit himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs - heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

God / Christ

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WEEK 7

Galatians 5:16-26

¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident: sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

²⁶ Let us not become conceited, provoking one another, envying one another.

God / Christ

Humanity / Me

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WEEK 8

2 Corinthians 5:14-6:1

¹⁶ From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. ¹⁷ Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. ¹⁸ All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; ¹⁹ that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. ²⁰ Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. ²¹ For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

⁶ Working together with him, then, we appeal to you not to receive the grace of God in vain.

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WEEK 9

Philippians 2:1-16

¹ So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, ² complete my joy by being of the same mind, having the same love, being in full accord and of one mind. ³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others. ⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. ⁹ Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

¹² Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, ¹³ for it is God who works in you, both to will and to work for his good pleasure.

¹⁴ Do all things without grumbling or disputing, ¹⁵ that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, ¹⁶ holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.

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WEEK 10

James 3:13-18; James 1:2-8

¹³ Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom. ¹⁴ But if you have bitter jealousy and selfish ambition in your hearts, do not boast and be false to the truth. ¹⁵ This is not the wisdom that comes down from above, but is earthly, unspiritual, demonic. ¹⁶ For where jealousy and selfish ambition exist, there will be disorder and every vile practice. ¹⁷ But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. ¹⁸ And a harvest of righteousness is sown in peace by those who make peace.

² Count it all joy, my brothers, when you meet trials of various kinds, ³ for you know that the testing of your faith produces steadfastness. ⁴ And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

⁵ If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ⁶ But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. ⁷ For that person must not suppose that he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all his ways.

God / Christ

Humanity / Me

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WEEK 11

James 5:16b

The prayer of a righteous person is powerful and effective.
(NIV)

The prayer of a righteous person has great power as it is working.
(ESV)

The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].
(AMP)

The effective, fervent prayer of a righteous man avails much.
(NKJV)

The earnest prayer of a righteous person has great power and produces wonderful results.
(NLT)

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WEEK 12

Matthew 18:21-35

²¹ Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" ²² Jesus said to him, "I do not say to you seven times, but seventy times seven.

²³ "Therefore the kingdom of heaven may be compared to a king who wished to settle accounts with his servants. ²⁴ When he began to settle, one was brought to him who owed him ten thousand talents. ²⁵ And since he could not pay, his master ordered him to be sold, with his wife and children and all that he had, and payment to be made. ²⁶ So the servant fell on his knees, imploring him, 'Have patience with me, and I will pay you everything,' ²⁷ And out of pity for him, the master of that servant released him and forgave him the debt. ²⁸ But when that same servant went out, he found one of his fellow servants who owed him a hundred denarii, and seizing him, he began to choke him, saying, 'Pay what you owe.' ²⁹ So his fellow servant fell down and pleaded with him, 'Have patience with me, and I will pay you.' ³⁰ He refused and went and put him in prison until he should pay the debt. ³¹ When his fellow servants saw what had taken place, they were greatly distressed, and they went and reported to their master all that had taken place. ³² Then his master summoned him and said to him, 'You wicked servant! I forgave you all that debt because you pleaded with me. ³³ And should not you have had mercy on your fellow servant, as I had mercy on you?' ³⁴ And in his anger his master delivered him to the jailers, until he should pay all his debt. ³⁵ So also my heavenly Father will do to every one of you, if you do not forgive your brother from your heart."

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WEEK 13

Romans 12:14-21

¹⁴ Bless those who persecute you; bless and do not curse them.

¹⁵ Rejoice with those who rejoice, weep with those who weep.

¹⁶ Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be conceited. ¹⁷ Repay no one evil for evil, but give thought to do what is honorable in the sight of all. ¹⁸ If possible, so far as it depends on you, live peaceably with all. ¹⁹ Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." ²⁰ To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." ²¹ Do not be overcome by evil, but overcome evil with good.

God / Christ

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WEEK 14

II Cor. 1:3-10

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ⁵ For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. ⁶ If we are afflicted, it is for your comfort and salvation; and if we are comforted, is it for your comfort, which you experience when you patiently endure the same sufferings that we suffer. ⁷ Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.

⁸ For we do not want you to be ignorant, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹ Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. ¹⁰ He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

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WEEK 15

Joshua 1:1-18

¹ After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: ² "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them - to the Israelites. ³ I will give you every place where you set your foot, as I promised Moses. ⁴ Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates - all the Hittite country - to the Great Sea on the west. ⁵ No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

⁶ "Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. ⁷ Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Do not let this Book of the Law depart from your mouth; 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. ⁹ Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

¹⁰ So Joshua ordered the officers of the people: ¹¹ "Go through the camp and tell the people, 'Get your supplies ready. Three days from now you will cross the Jordan here to go in and take possession of the land the Lord your God is giving you for your own.'"

¹² But to the Reubenites, the Gadites and the half-tribe of Manasseh, Joshua said, ¹³ "Remember the command that Moses the servant of the Lord gave you: 'The Lord your God is giving you rest and has granted you this land.' ¹⁴ Your wives, your children and your livestock may stay in the land that Moses gave you east of the Jordan, but all your fighting men, fully armed, must cross over ahead of your brothers. You are to help your brothers ¹⁵ until the Lord gives them rest, as he has done for you, and until they too have taken possession of the land that the Lord your God is giving them. After that, you may go back and occupy your own land, which Moses the servant of the Lord gave you east of the Jordan toward the sunrise."

¹⁶ Then they answered Joshua, "Whatever you have commanded us we will do, and wherever you send us we will go. ¹⁷ Just as we fully obeyed Moses, so we will obey you. Only may the Lord your God be with you as he was with Moses. ¹⁸ Whoever rebels against your word and does not obey your words, whatever you may command them, will be put to death. Only be strong and courageous!"

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