



Meditation: Conversation with God

Curt Deming
Melbourne Community Church
January 3, 2016

Prayer Professors:

- ❖ Bible
 - ❖ Jesus
 - ❖ David and other Psalmists
 - ❖ Paul
- ❖ Church history
 - ❖ Augustine
 - ❖ Martin Luther
 - ❖ John Calvin



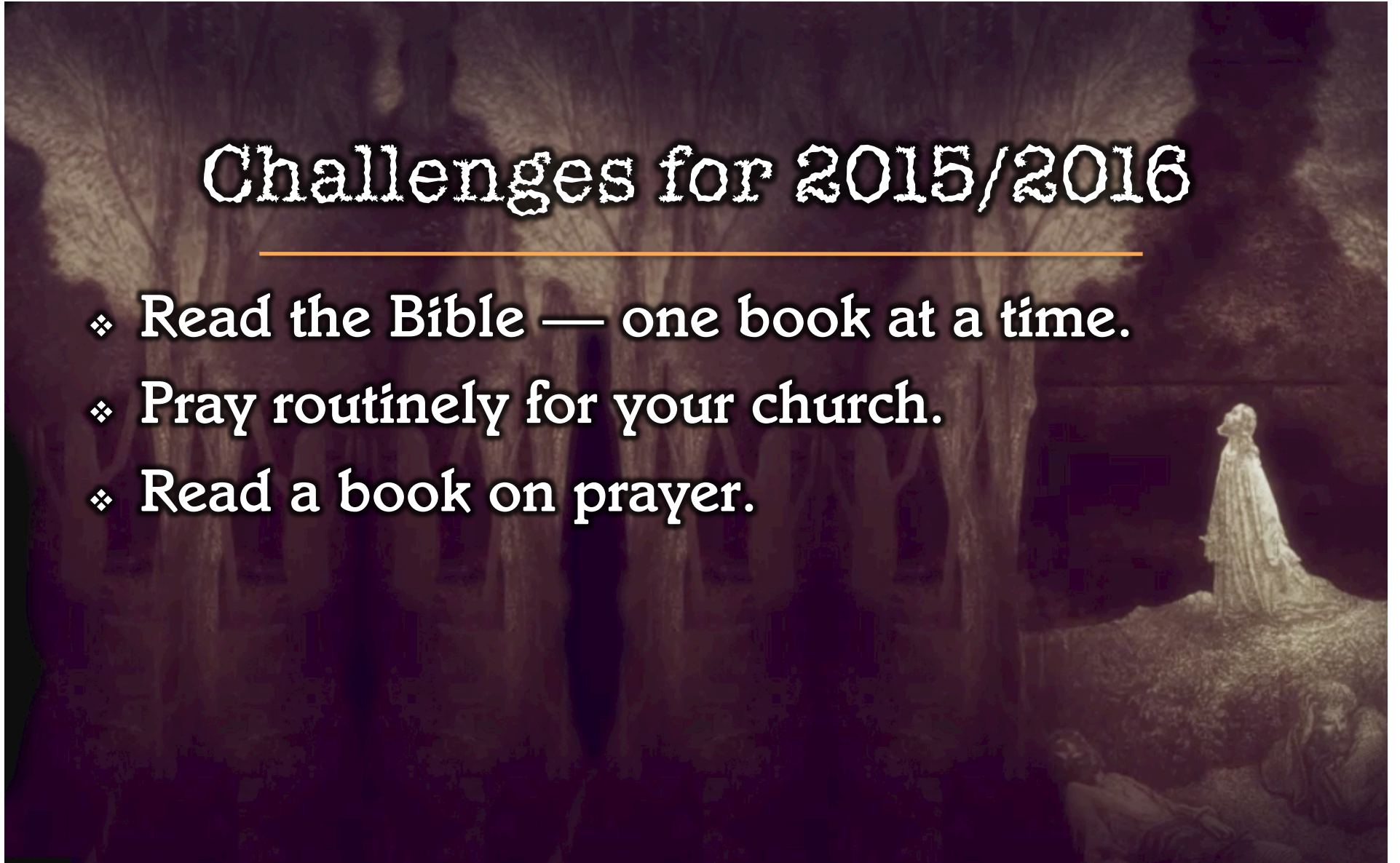
Prayer Professors:

- ❖ Contemporary
 - ❖ Richard Foster
 - ❖ Tim Keller



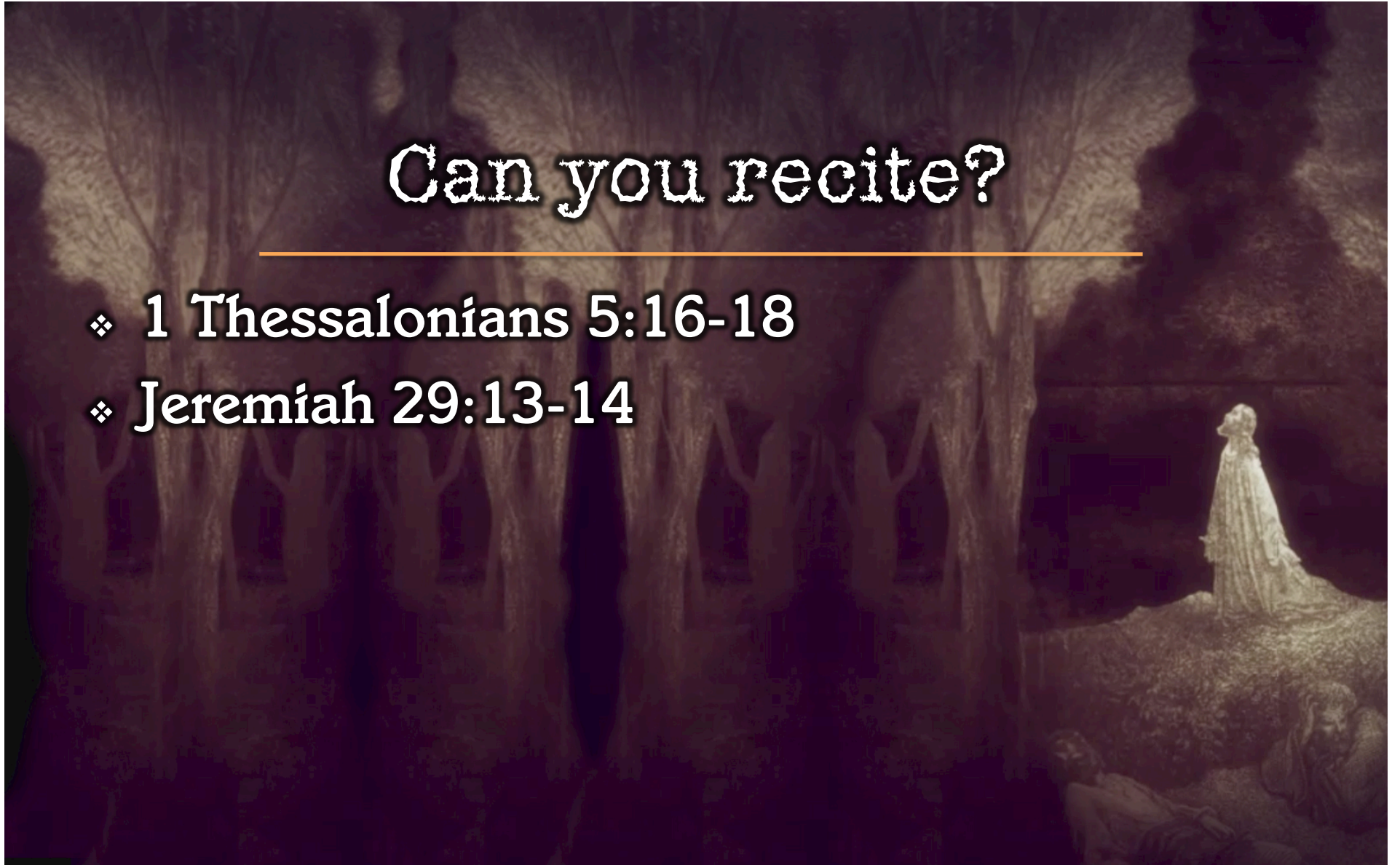
Challenges for 2015/2016

- ❖ Read the Bible — one book at a time.
- ❖ Pray routinely for your church.
- ❖ Read a book on prayer.



Can you recite?

- ❖ 1 Thessalonians 5:16-18
- ❖ Jeremiah 29:13-14



1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.



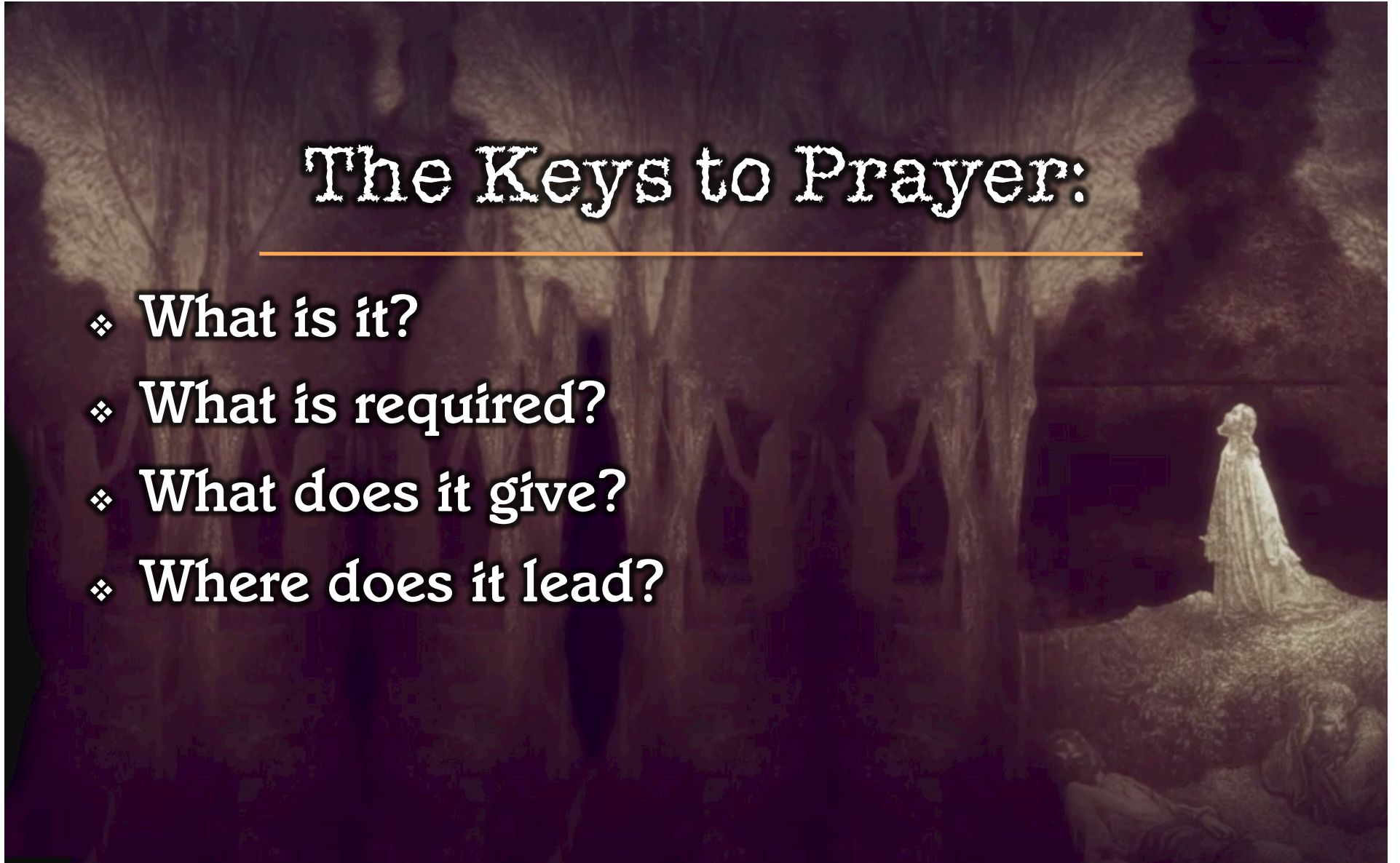
Jeremiah 29:13-14

You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity.



The Keys to Prayer:

- ❖ What is it?
- ❖ What is required?
- ❖ What does it give?
- ❖ Where does it lead?



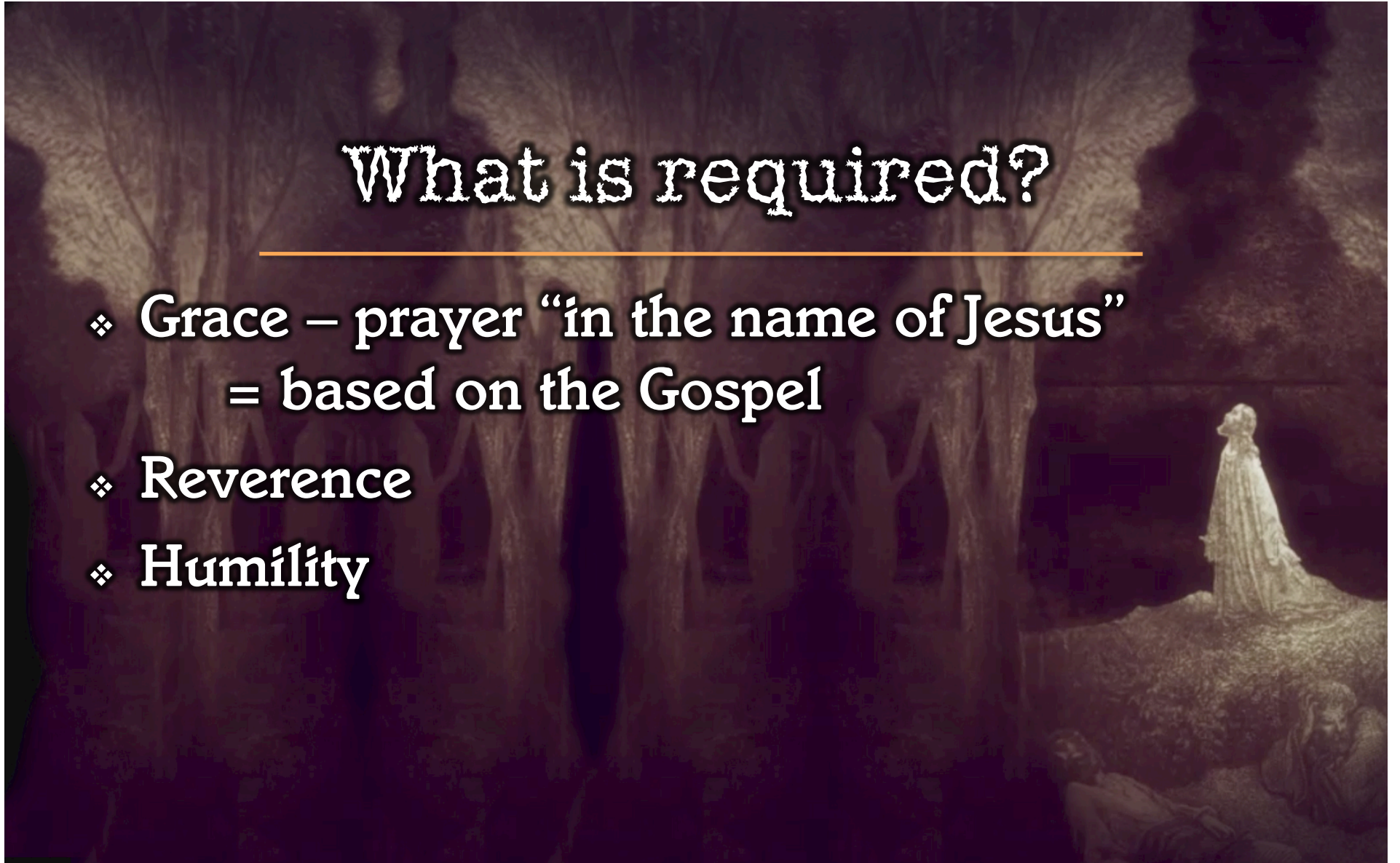
What is prayer?

- ❖ It is a duty.
- ❖ It is a conversation with God, initiated by God.
- ❖ It is balanced.
 - ❖ Praise
 - ❖ Confession
 - ❖ Thanks
 - ❖ Petition



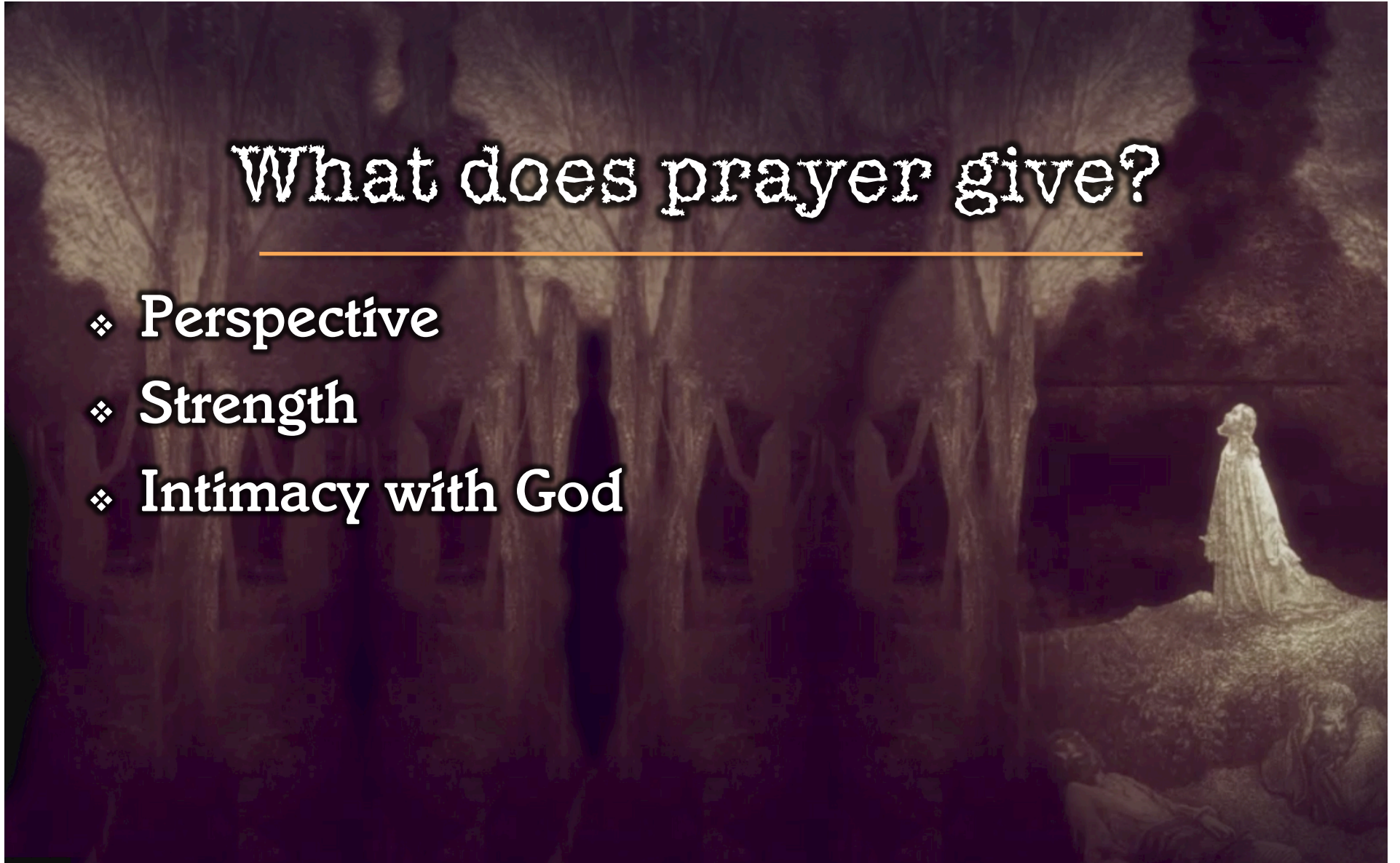
What is required?

- ❖ Grace – prayer “in the name of Jesus”
= based on the Gospel
- ❖ Reverence
- ❖ Humility



What does prayer give?

- ❖ Perspective
- ❖ Strength
- ❖ Intimacy with God



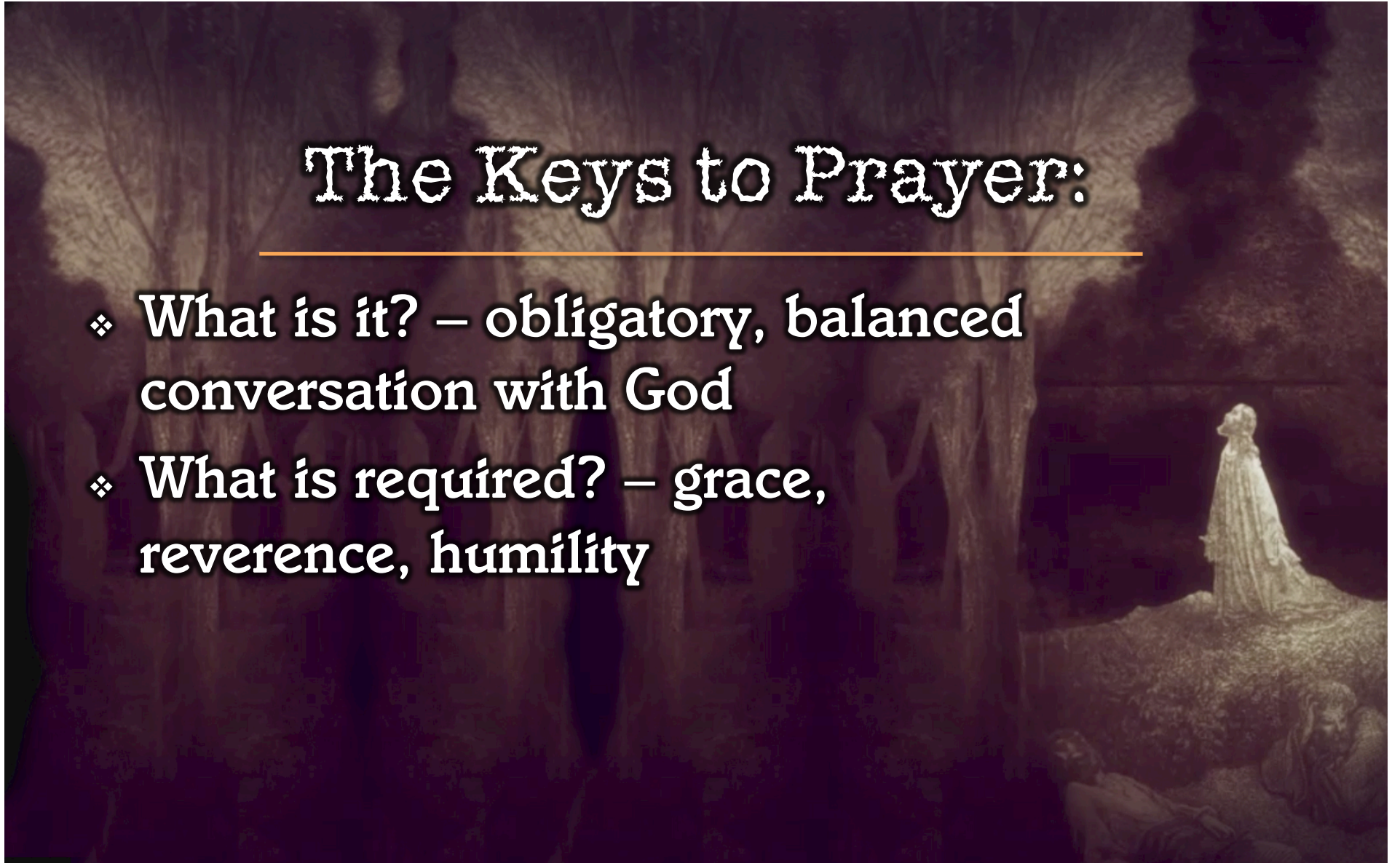
Where does prayer lead?

- ❖ Self-awareness
- ❖ Trust: restful submission
+ confident hope
- ❖ Surrender



The Keys to Prayer:

- ❖ What is it? – obligatory, balanced conversation with God
- ❖ What is required? – grace, reverence, humility



The Keys to Prayer:

- ❖ What does it give? – perspective, strength, intimacy with God
- ❖ Where does it lead? – self-awareness, trust, surrender



Tim Keller:

“If prayer is to be a true conversation with God, it must be regularly preceded by listening to God’s voice through meditation on the Scripture.”



Psalm 1:1-2

Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the LORD,
and who meditates on his law day and night.

Psalm 1:3

That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither —
whatever they do prospers.



Psalm 1:4-5

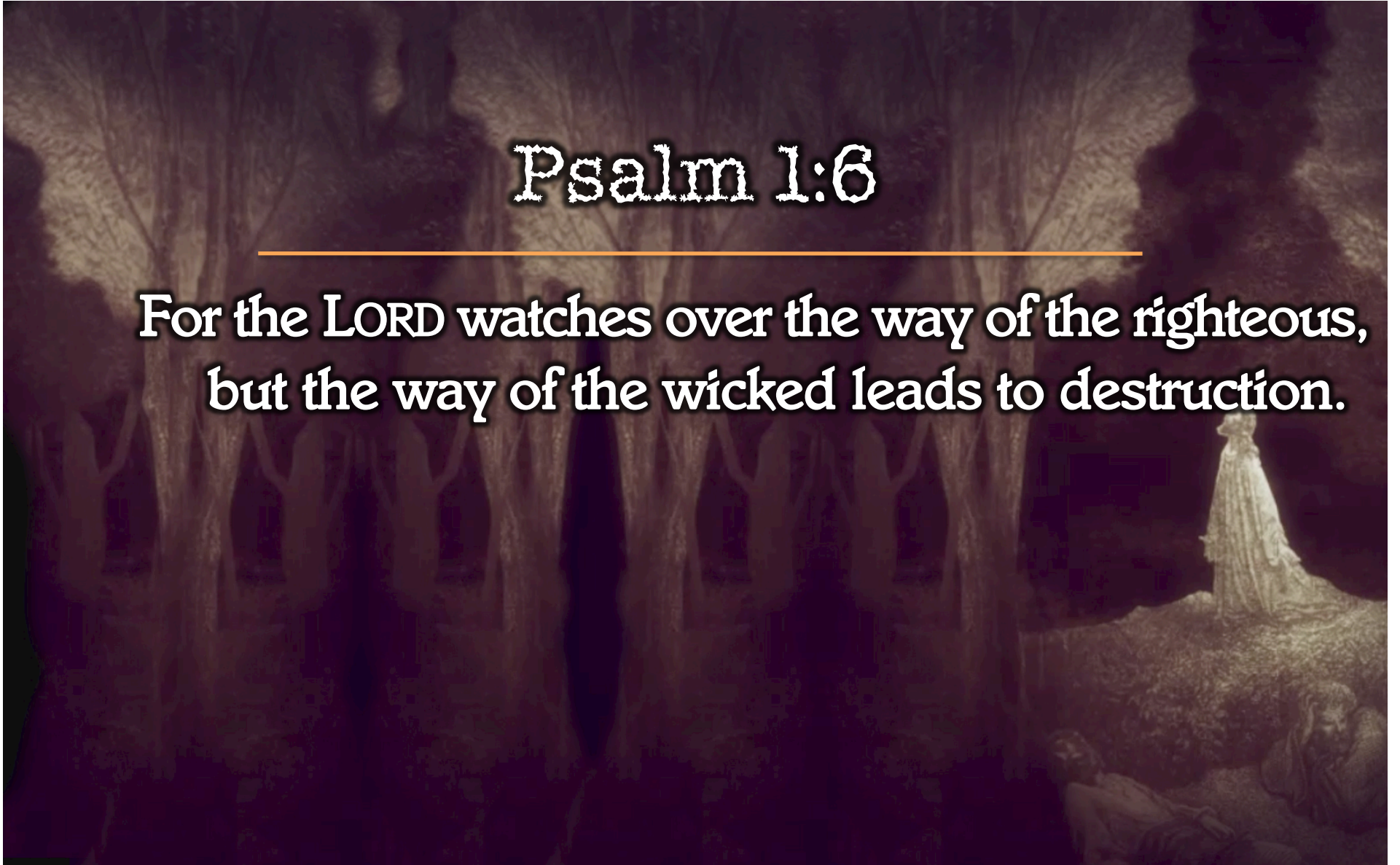
Not so the wicked!

**They are like chaff
that the wind blows away.**

**Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.**

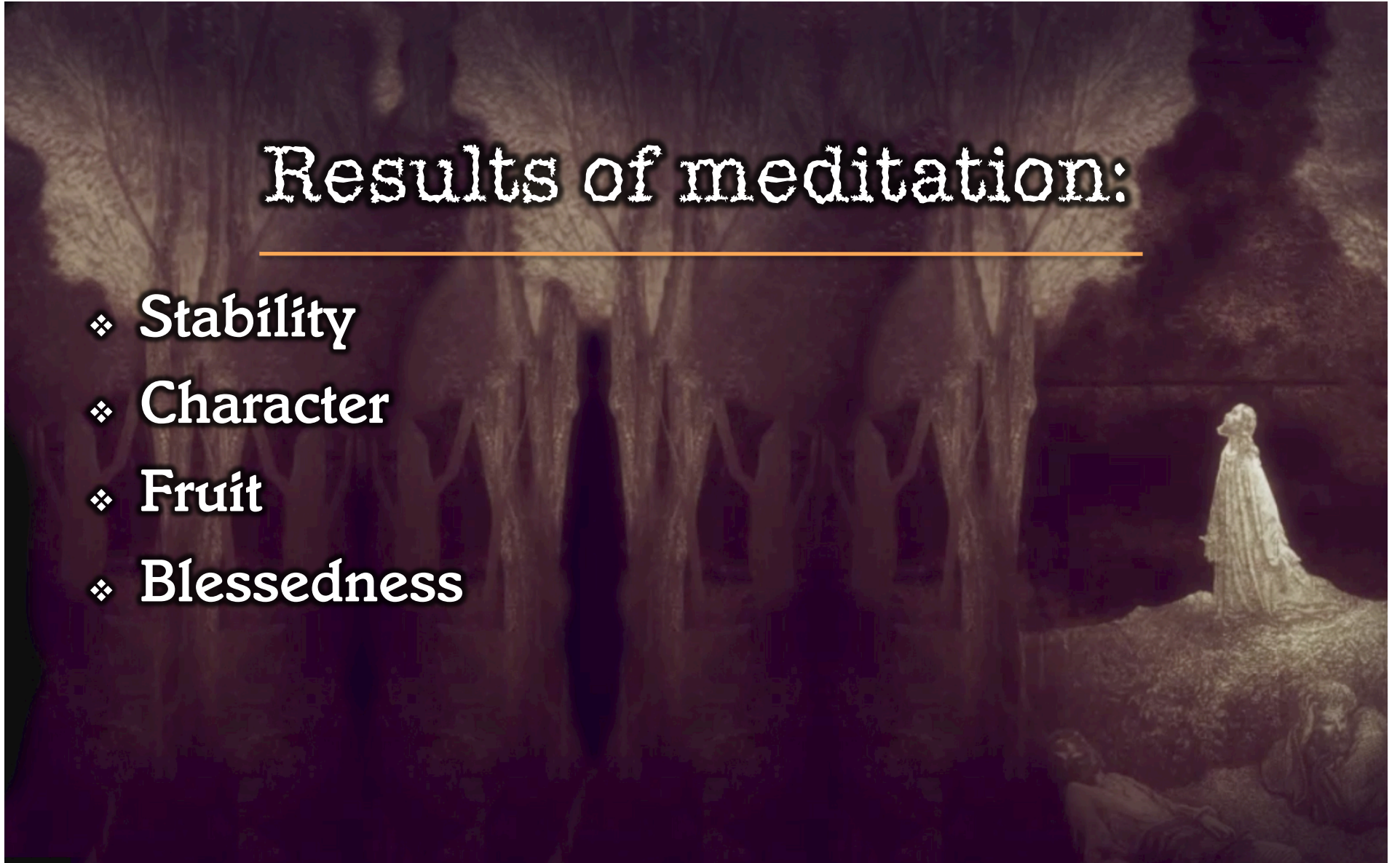
Psalm 1:6

For the LORD watches over the way of the righteous,
but the way of the wicked leads to destruction.



Results of meditation:

- ❖ Stability
- ❖ Character
- ❖ Fruit
- ❖ Blessedness



Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.



Psalm 77:1-2

I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.

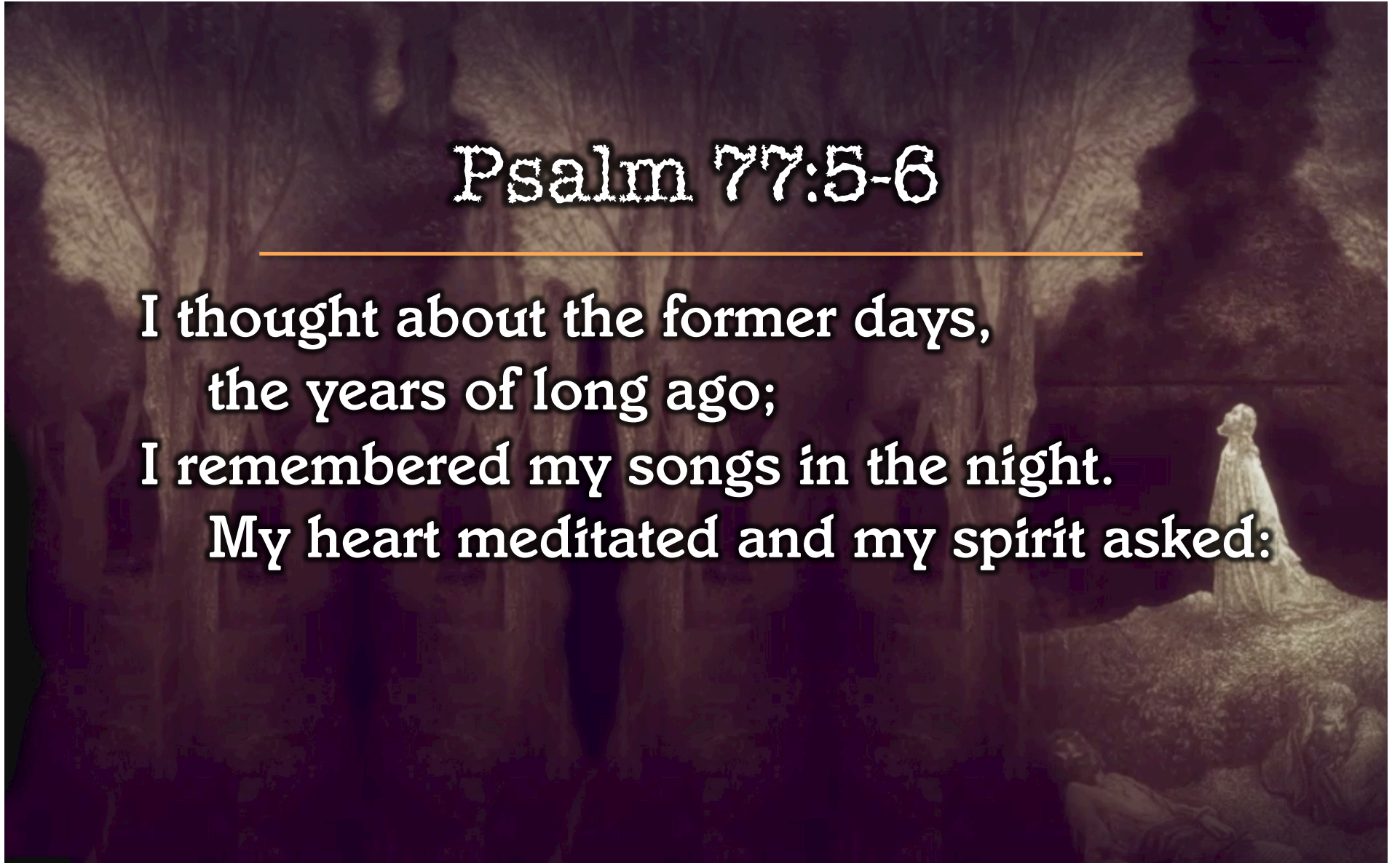
Psalm 77:3-4

I remembered you, God, and I groaned;
I meditated, and my spirit grew faint.
You kept my eyes from closing;
I was too troubled to speak.



Psalm 77:5-6

I thought about the former days,
the years of long ago;
I remembered my songs in the night.
My heart meditated and my spirit asked:



Psalm 77:7-9

“Will the Lord reject forever?

Will he never show his favor again?

Has his unfailing love vanished forever?

Has his promise failed for all time?

Has God forgotten to be merciful?

Has he in anger withheld his compassion?”

Psalm 77:10-12

Then I thought, “To this I will appeal:
the years when the Most High stretched out
his right hand.

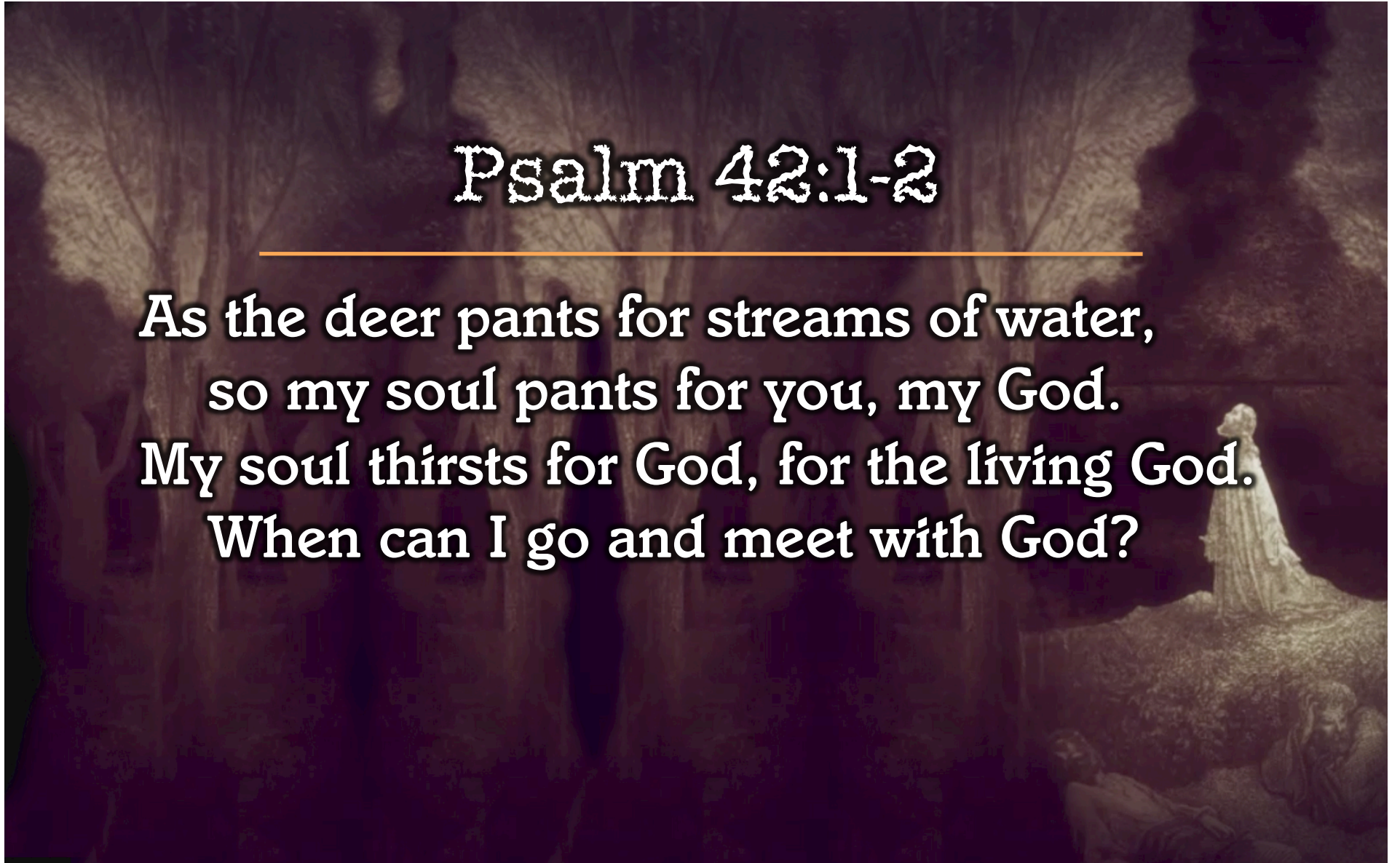
I will remember the deeds of the LORD;
yes, I will remember your miracles of long ago.
I will consider all your works
and meditate on all your mighty deeds.”

Psalm 42:1-2

As the deer pants for streams of water,
so my soul pants for you, my God.

My soul thirsts for God, for the living God.

When can I go and meet with God?



Psalm 42:3

My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”



Psalm 42:4

These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.



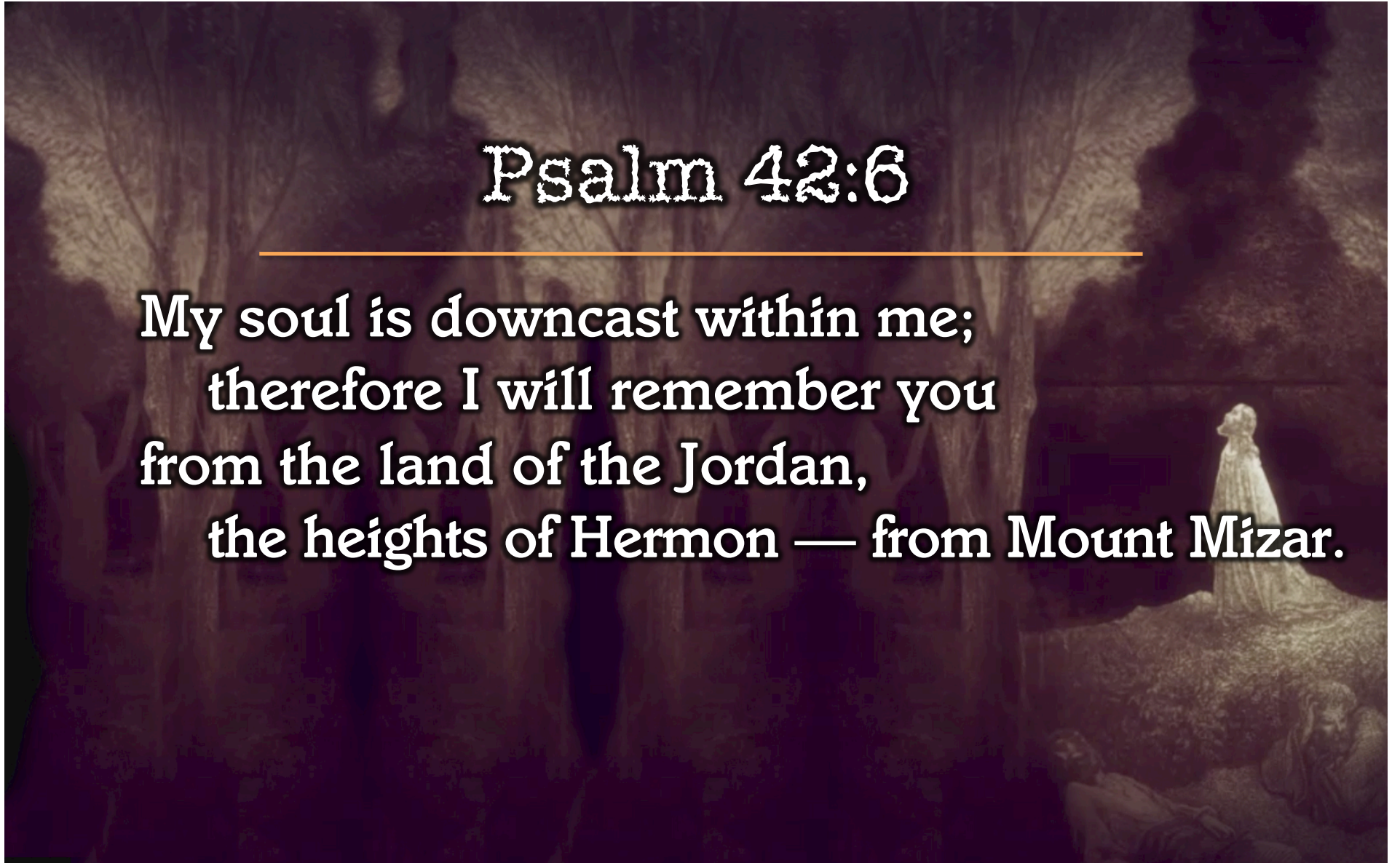
Psalm 42:5

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.



Psalm 42:6

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon — from Mount Mizar.



Psalm 42:7

Deep calls to deep
in the roar of your waterfalls;
all your waves and breakers
have swept over me.



Psalm 42:8

By day the LORD directs his love,
at night his song is with me —
a prayer to the God of my life.



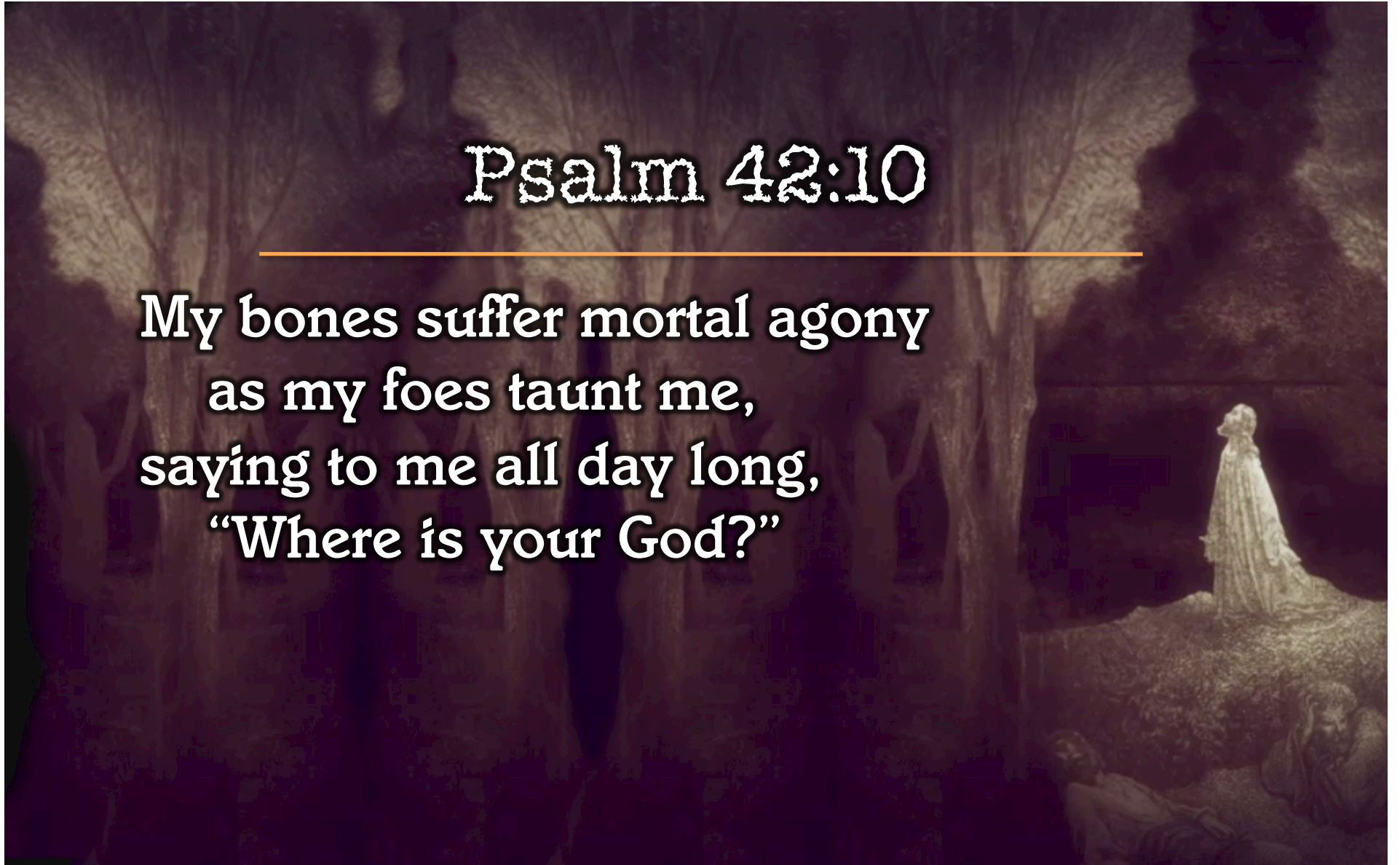
Psalm 42:9

I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”



Psalm 42:10

My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”



Psalm 42:11

Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.



Hebrews 4:12

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.



1 Thessalonians 1:4-5

For we know, brothers and sisters loved by God, that he has chosen you, because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction.



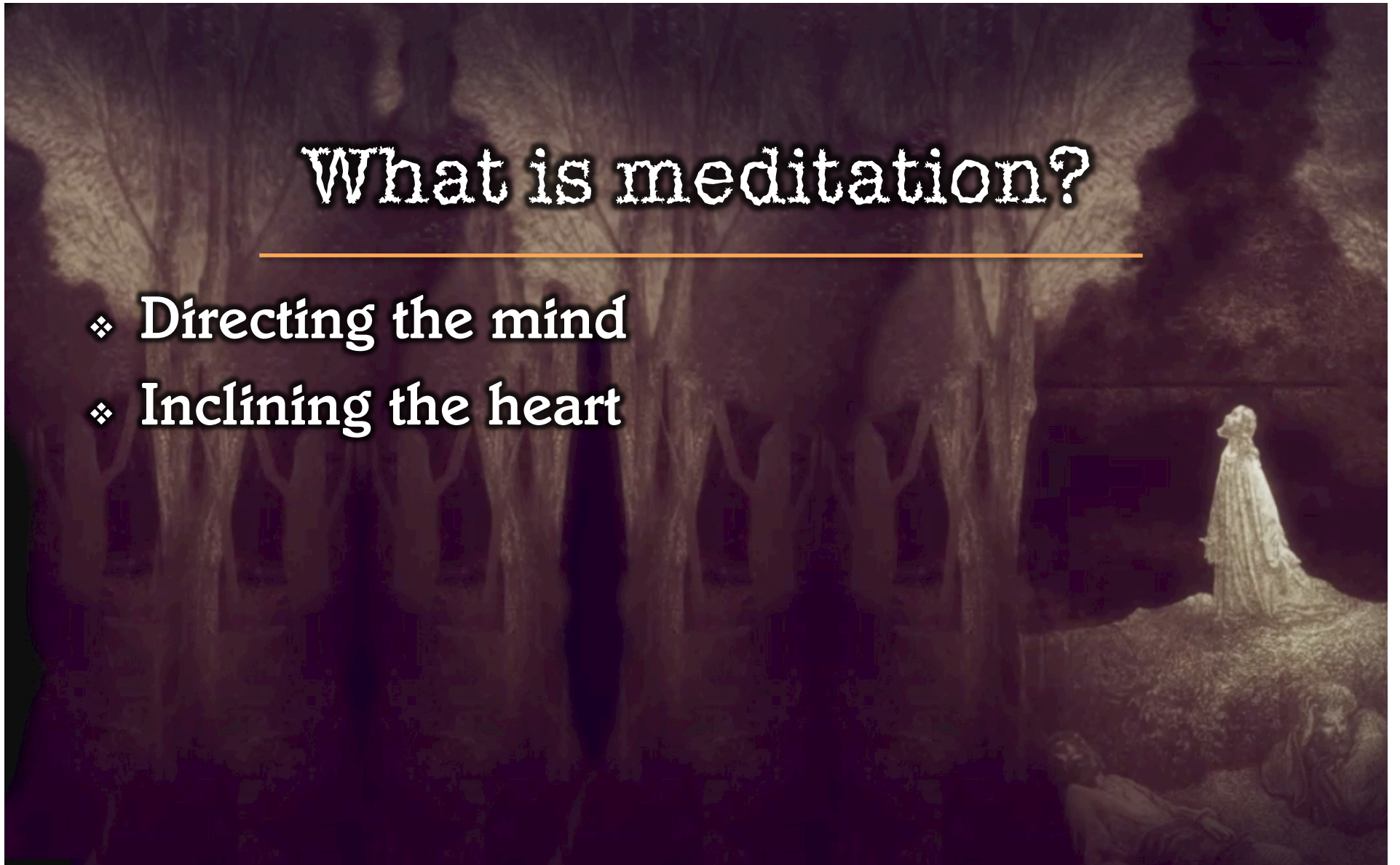
Colossians 3:16

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.



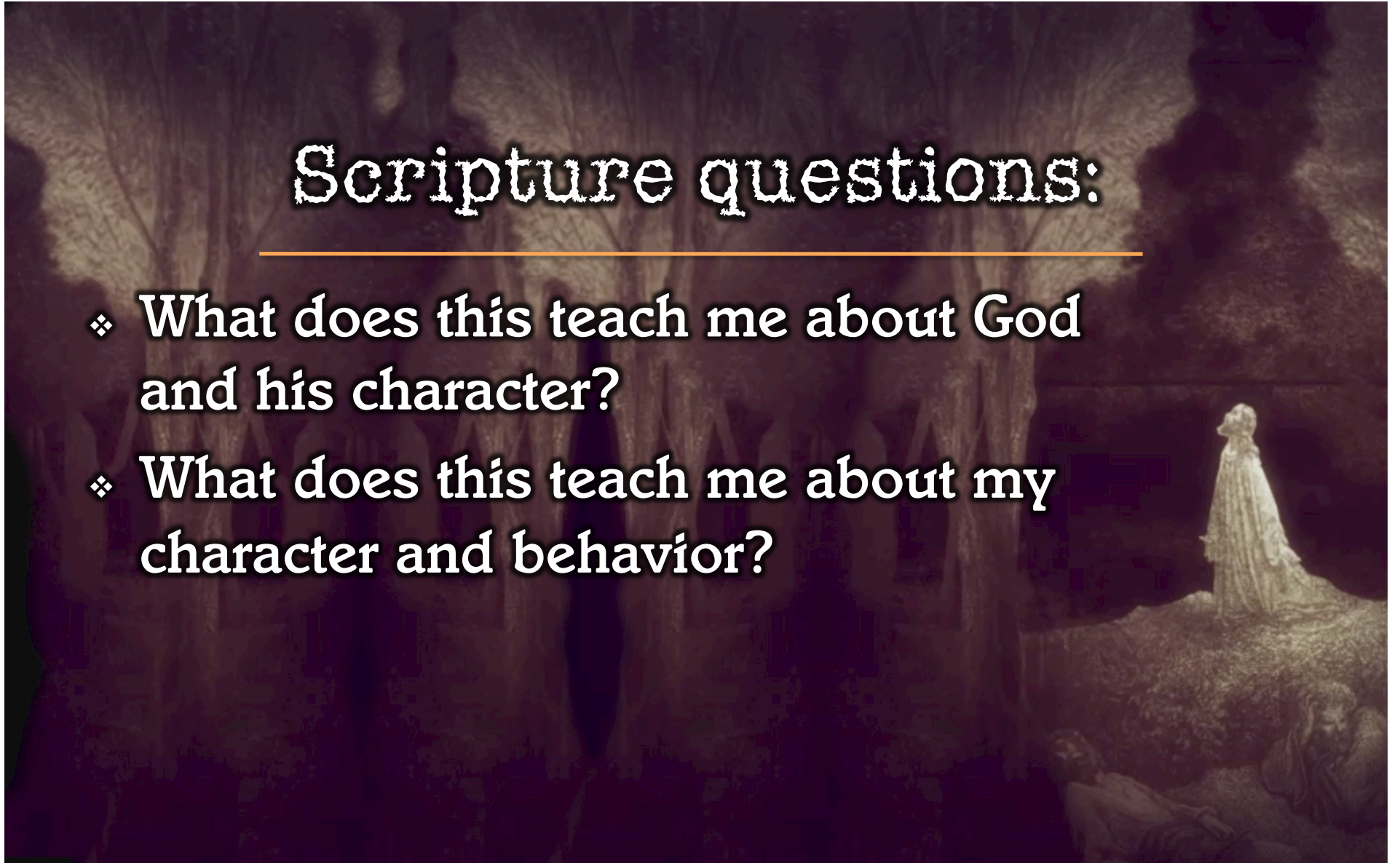
What is meditation?

- ❖ Directing the mind
- ❖ Inclining the heart



Scripture questions:

- ❖ What does this teach me about God and his character?
- ❖ What does this teach me about my character and behavior?



Scripture questions:

- ❖ What does this teach about Jesus and his salvation?
- ❖ What does this teach about the church and its place in the world?



Scripture application questions

- ❖ Are there examples to imitate?
- ❖ Are there examples to avoid?
- ❖ Are there commands to obey?
- ❖ Are there promises to claim?
- ❖ Are there warnings to heed?



More application questions:

- ❖ Orthodoxy:
 - ❖ What should I believe?
 - ❖ What should I stop believing?
- ❖ Orthopraxy:
 - ❖ What should I do?
 - ❖ What should I stop doing?



John 1:29-42 application:

- ❖ Example to imitate: John the Baptist
- ❖ Command to obey: “Behold the Lamb of God!”
- ❖ Promise to claim: “Come and you will see.”
- ❖ Warning to heed: The gospel will change you.

Meditation tools:

(directing the mind)

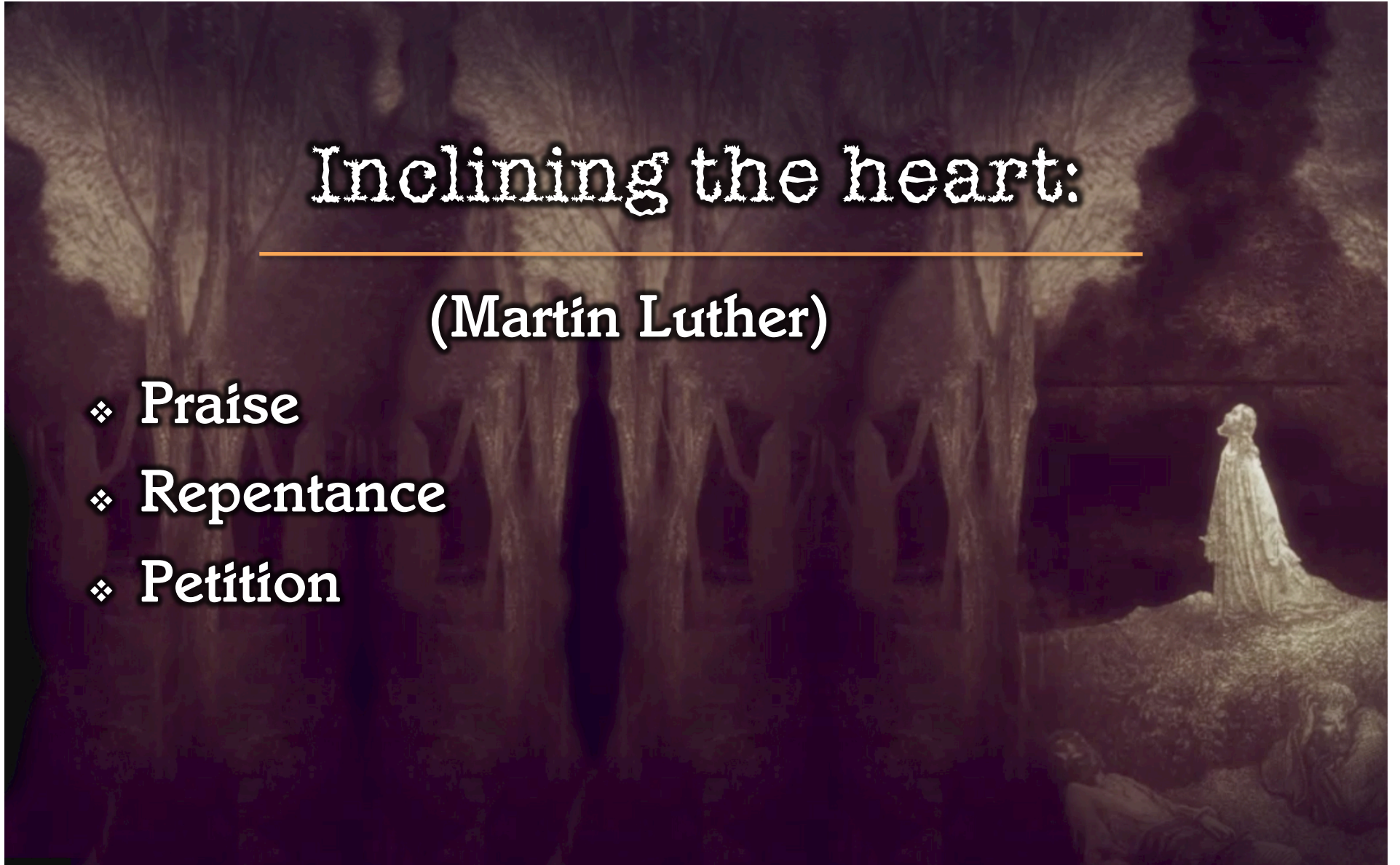
- ❖ Ask questions for understanding.
- ❖ Ask questions for application.
- ❖ Emphasize one word at a time.
- ❖ Paraphrase a passage.
- ❖ Memorize a passage.



Inclining the heart:

(Martín Luther)

- ❖ Praise
- ❖ Repentance
- ❖ Petition



1 Peter 1:6-7

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith — of greater worth than gold, which perishes even though refined by fire — may result in praise, glory and honor when Jesus Christ is revealed.

1 Peter 1:8-9

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.



Psalm 63:1

You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.



John 1:14

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.



Psalm 40:7-8

Then I said, "Here I am, I have come —
it is written about me in the scroll.
I desire to do your will, my God;
your law is within my heart."



Hebrews 10:5-6

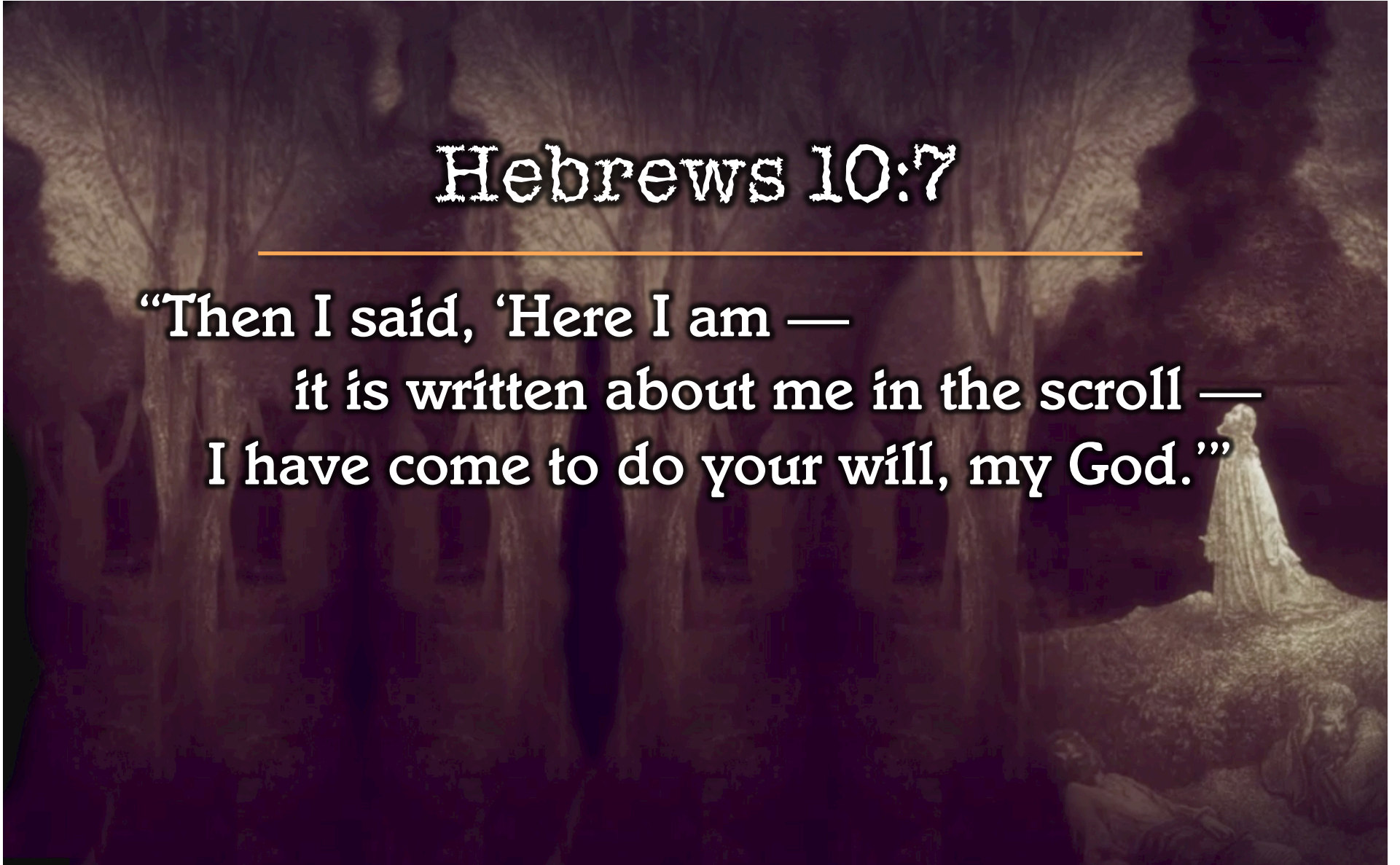
Therefore, when Christ came into the world,
he said:

“Sacrifice and offering you did not desire,
but a body you prepared for me;
with burnt offerings and sin offerings
you were not pleased.



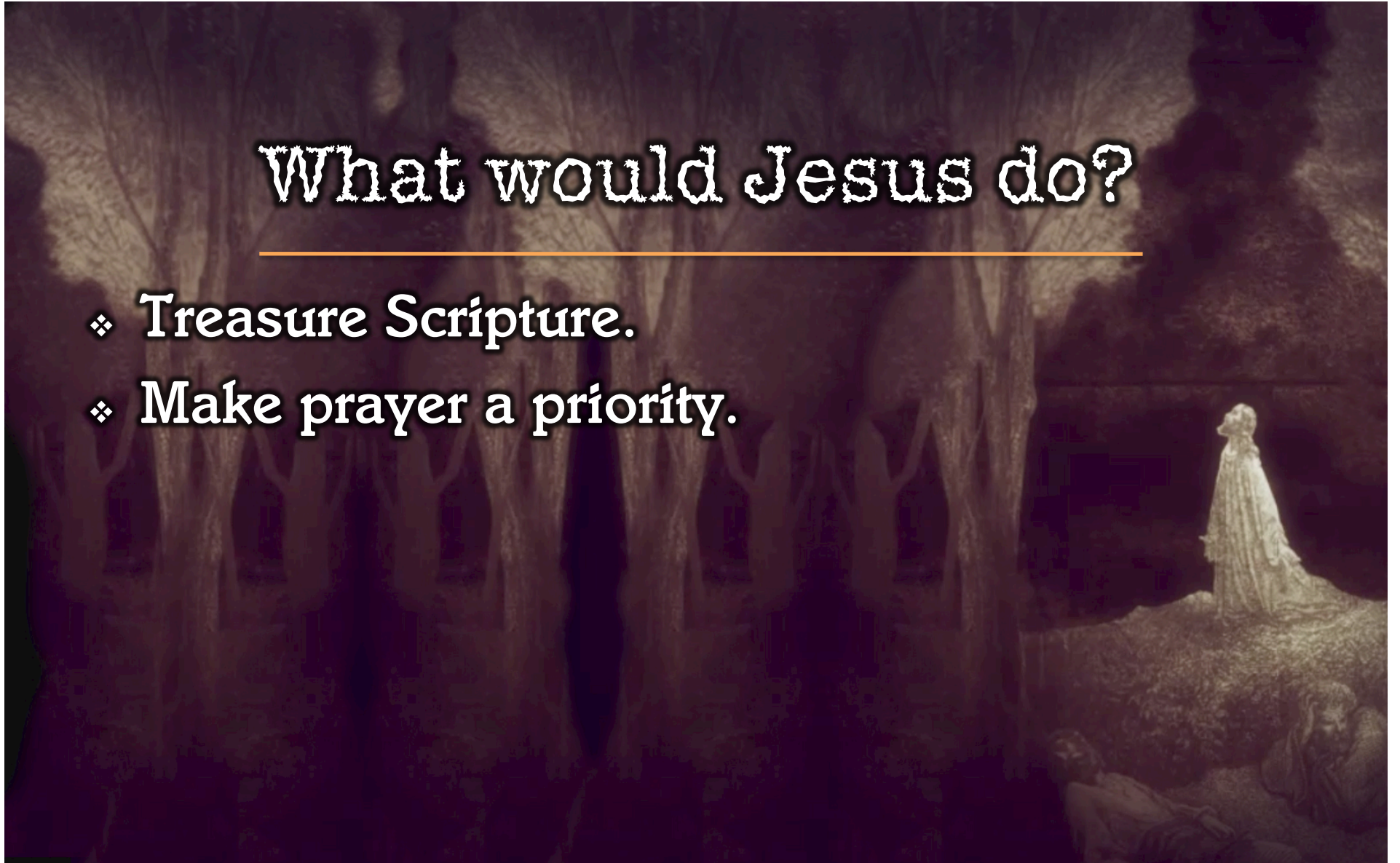
Hebrews 10:7

“Then I said, ‘Here I am —
it is written about me in the scroll —
I have come to do your will, my God.’”



What would Jesus do?

- ❖ Treasure Scripture.
- ❖ Make prayer a priority.



Luke 24:44

He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms."



Galatians 3:10-11

For all who rely on the works of the law are under a curse, as it is written: “Cursed is everyone who does not continue to do everything written in the Book of the Law.” Clearly no one who relies on the law is justified before God, because “the righteous will live by faith.”


2 Corinthians 5:21

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.



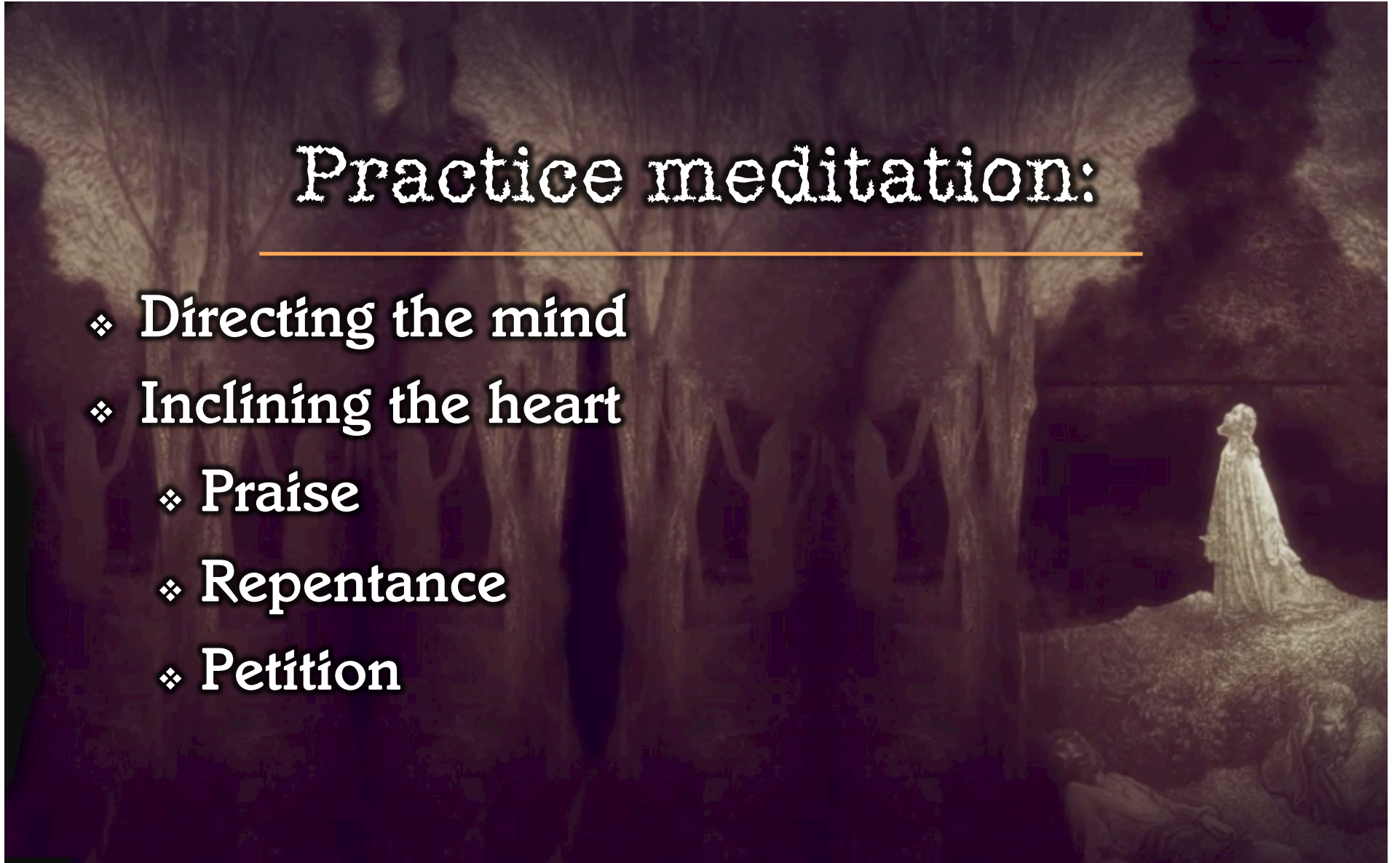
Zephaniah 3:17

**“The LORD your God is with you,
the Mighty Warrior who saves.
He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.”**



Practice meditation:

- ❖ Directing the mind
- ❖ Inclining the heart
 - ❖ Praise
 - ❖ Repentance
 - ❖ Petition





Are you being called?

- ❖ To receive Christ
- ❖ To become a member of Melbourne Community Church
- ❖ To pray / to receive prayer
- ❖ To affirm or reaffirm a commitment
- ❖ To receive the LORD's Supper

