



CAPITOL COMMISSION™

In God's Presence (Psalm 1:2-3)

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*Do you feel that most of your days are full of noise, hurry, and crowds? Psychiatrist Carl Jung commented: "Hurry is not of the Devil; it is the Devil."¹ Your defensive and offensive response to such spiritual barrage is to draw closer to God. However, this simple tactic requires individual discipline; we are a pioneer in this solo spiritual adventure. **Do you spend more time talking to God than listening to Him?***

INTRODUCTION

The discipline of meditation is referred to in over fifty passages throughout the Bible. In these there is the expectation of changed behavior as a result of being in God's presence. Repentance, obedience, and faithfulness are the clearest distinguishers between Christian meditation and Eastern or secular practices of the same name. The psalmist writes *"...that I may meditate upon thy promise"* (Psalm 119:148). **How would it change your focus if you reflected on God's purpose and on your role in the action?**

YIELDING FRUIT

Psalm 1:1-3 How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

Christian meditation is the practice of hearing God's voice and obeying His Word. Adam and Eve talked with God and God talked with them. After the fall (Genesis, Chapter 3) God continued to reach out to his rebellious children. He spoke to Cain, Abel, Noah, and Abraham, teaching and guiding them. Jesus modeled a life of listening and obeying the Father. When He told His disciples to abide in Him, they understood from His example. Jesus referred to Himself as the good shepherd. His sheep, His followers know His voice (John 10:4). **Jesus said "follow me"; how are you keeping in step?**

ALL THINGS EXPLAINED

Mark 4:34b ...and when they were alone, He expounded all things to His disciples.

Have you struggled to understand world events, past, present, and future or the current drama which surrounds you? Jesus responded to such questions from His disciples: *"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you"* (John 15:15). Other lives are parables (Mark 4:10). God leads you to see your own soul, flaws and all. Look in with courage (John 14:26). **Must God allow affliction, brokenness, or loss for you to drop the trivial questions and follow Him?**

MEDITATION Q&A

Psalms 16:11 You will make known to me the path of life; In Thy presence is fullness of joy!

Christian meditation seeks to fill the mind (Luke 11:24-26). Eastern meditation attempts to empty it.

Meditation may yield great insights. Isaiah was given a life mission: *"Here I am, send me"* (Isaiah 6:8)

Mediation gives us greater perspective in our ordinary world.² Ananias was sent on an errand (Acts 9:11).

People tend to seek someone as a go-between with God. Israel asked to be given a king (1 Sam. 8:7).

Tips: It is best to designate a place and time to meditate without being religious about it (Daniel 6:10). It's effective to sit or kneel while confessing personal and corporate sin. Select a Scripture verse, a word, even a Biblical scene to meditate on. Note Mary's focus (Luke 10:39).

A PRAYER

Father God: In this noisy world, Please help me to tune You in and listen. Give me grace to come before You. Help me to understand You and Your ways. Mostly LORD, give me Your peace as I walk in the world while not being caught up in its culture. Bless me and the work that You put before me. I pray in the Name of Your Son, Jesus. Amen.

¹ Richard Foster, Celebration of Discipline. (Harper) 1998.pg.15.

² Brother Lawrence, Practice of the Presence of God. (Spire) 1967.pg 30.