**In His Presence**

Inner Discipline #1: Meditation

What Christian Meditation is NOT:

* Not… Eastern Religious Meditation
* Not… Complicated
* Not… Psychological Manipulation

**Christian Meditation is the Daily Act of God’s Presence, Listening to God’s Voice, and Thinking about the Words of God.**

1. Daily Act
* Psalm 1:1-2; 119:97,148
1. Being in God’s Presence
* Genesis 3:8-10
* Isaiah 6:1-8; Matthew 14:13,23, 26:36-46; Mark 6:31; Luke 5:16, 6:12
1. Listening to God’s Voice
* 1 Samuel 3:1-10
* Acts 8:26-29
1. Thinking about God’s Word
* Joshua 1:8
* HAWGAH 🡪 “Sound of Thinking”
* Word (Psalm 119:148)
* Law (Joshua 1:8)
* Instruction (1 Tim 4:15)

For…

* Understanding (Psalm 49:3)
* Spiritual Satisfaction (Psalm 63:5-6)
* Superior Knowledge (Psalm 119:99)

Practical Application

* Specific Time
* Minimal distractions
* Comfortably alert
* Imagination is not bad

Forms of Meditation

1. Meditation on Scripture
2. Palms Down, Palms Up
3. Meditation on Creation
4. Meditation on Times and Events