

Minnesota Conference of Seventh-day Adventists

Camp-Meeting 2014

A Biblical Model of Meditation

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Day 1 Meditation

Passage for Meditation: Exodus 20.2-3.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and repeatedly. Prepare the text on a small card and carry it through the day, softly repeating it until your mind is saturated with the text. Memorize it.
3. Ask yourself basic questions about the text:
 - Who is speaking here?
 - To whom is this passage being spoken?
 - When was this passage spoken?
 - Why did the original hearers need to hear this passage?
4. Keep prayerfully reading or speaking the text until God stops you. Don't go any further! God is calling your attention to something! God can stop you in different ways. It may seem like:
 - Thunder – “This is it!”
 - A nudge – “Have you thought about....?”
 - An encouragement – “This will help with....”
 - A soft whisper – “How about....?”
 - Comfort – “This is right.”¹
5. Ask yourself personal application questions about the text:
 - What is God revealing about Himself to me in this text?

¹These questions are based on the work of Gavin Anthony.

- What is God revealing about myself to me in this text?
 - How is God wishing me to change in my heart, attitudes or behaviors?
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- Is there an example here for me to follow?
 - Is there a sin for me to confess and repent of?
 - Is there a command for me to obey?
 - Is there a promise for me to claim and live by?
 - Is there a difficult idea for me to explore further?
 - Is there something that shows me how to more fully reflect the character of Jesus?
 - Is there something for me to pray about today?

6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.

Day 2 Meditation

Passage for Meditation: Exodus 20.4-6.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and repeatedly. Prepare the text on a small card and carry it through the day, softly repeating it until your mind is saturated with the text. Memorize it.
3. Ask yourself basic questions about the text:
 - Who is speaking here?
 - To whom is this passage being spoken?
 - When was this passage spoken?
 - Why did the original hearers need to hear this passage?
4. Keep prayerfully reading or speaking the text until God stops you. Don't go any further! God is calling your attention to something! God can stop you in different ways. It may seem like:
 - Thunder – "This is it!"
 - A nudge – "Have you thought about....?"
 - An encouragement – "This will help with...."
 - A soft whisper – "How about....?"
 - Comfort – "This is right."
5. Ask yourself personal application questions about the text:
 - What is God revealing about Himself to me in this text?
 - What is God revealing about myself to me in this text?
 - How is God wishing me to change in my heart, attitudes or behaviors?

- Is there an example here for me to follow?
- Is there a sin for me to confess and repent of?

- Is there a command for me to obey?
- Is there a promise for me to claim and live by?
- Is there a difficult idea for me to explore further?
- Is there something that shows me how to more fully reflect the character of Jesus?
- Is there something for me to pray about today?

6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.

Day 3 Meditation

Passage for Meditation: Exodus 20.7.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and repeatedly. Prepare the text on a small card and carry it through the day, softly repeating it until your mind is saturated with the text. Memorize it.
3. Ask yourself basic questions about the text:
 - Who is speaking here?
 - To whom is this passage being spoken?
 - When was this passage spoken?
 - Why did the original hearers need to hear this passage?
4. Keep prayerfully reading or speaking the text until God stops you. Don't go any further! God is calling your attention to something! God can stop you in different ways. It may seem like:
 - Thunder – "This is it!"
 - A nudge – "Have you thought about....?"
 - An encouragement – "This will help with...."
 - A soft whisper – "How about....?"
 - Comfort – "This is right."
5. Ask yourself personal application questions about the text:
 - What is God revealing about Himself to me in this text?
 - What is God revealing about myself to me in this text?

- How is God wishing me to change in my heart, attitudes or behaviors?
 - Is there an example here for me to follow?

 - Is there a sin for me to confess and repent of?
 - Is there a command for me to obey?
 - Is there a promise for me to claim and live by?
 - Is there a difficult idea for me to explore further?
 - Is there something that shows me how to more fully reflect the character of Jesus?
 - Is there something for me to pray about today?
6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.

Day 11 Meditation

Passage for Meditation: Mark 2.1-12.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and a couple of times until you are familiar with the story.
3. Enter the story from the perspective of one of the characters and journey with your chosen character through the story. Use your imagination to focus on the story from a particular perspective in order to experience as much of what happened as possible.
4. For example, enter the story through the perspective of the paralytic.
 - At each stage of the story, imagine the paralytic's thoughts, feelings and faith journey.
 - Imagine the paralytic's spiritual experience before he met Jesus, whilst he met Jesus, and after he was healed.
 - Focus on the 5 senses of the paralytic at each stage of the story. What does the paralytic hear, see, feel, touch and taste? Does he hear condemnation as he tries to approach Jesus? What does the voice of Jesus sound like in the midst of the pharisees' angry mutterings? What does it feel like to walk again?
5. Ask yourself personal application questions about the text:
 - What was my chosen character's spiritual experience in the story?
 - How does this touch my life today?
 - What did I learn about Jesus in the story?
 - What is God revealing about myself to me in this text?
 - How do I respond to this today?

6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.
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Day 12 Meditation

Passage for Meditation: Luke 7.11-17.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and a couple of times until you are familiar with the story.
3. Enter the story from the perspective of one of the characters and journey with your chosen character through the story. Use your imagination to focus on the story from a particular perspective in order to experience as much of what happened as possible.
4. For example, enter the story through the perspective of the widow.
 - At each stage of the story, imagine the widow's thoughts, feelings and faith journey.
 - Imagine the widow's spiritual experience before she met Jesus, whilst she met Jesus, and after her son was raised from the dead.
 - Focus on the 5 senses of the widow at each stage of the story. What does she hear, see, feel, touch and taste? Imagine the touch of her son's lifeless body followed by the embrace of her risen son. What future does she see for herself when her son is dead and after he is risen? How does Jesus touch her life on that day and for years after? Imagine the silence of her dead son, the sound of Jesus' voice and then the joyous sounds of the family reunion.
5. Ask yourself personal application questions about the text:
 - What was my chosen character's spiritual experience in the story?
 - How does this touch my life today?
 - What did I learn about Jesus in the story?
 - What is God revealing about myself to me in this text?

- How do I respond to this today?

6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.

Day 13 Meditation

Passage for Meditation: John 12.1-8.

1. Open with prayer in a quiet and comfortable place. Ask for the leading of the Holy Spirit to illuminate your mind and bend your will.
2. Read the text slowly and a couple of times until you are familiar with the story.
3. Enter the story from the perspective of one of the characters and journey with your chosen character through the story. Use your imagination to focus on the story from a particular perspective in order to experience as much of what happened as possible.
4. For example, enter the story through the perspective of one of the disciples.
 - At each stage of the story, imagine a disciples' thoughts, feelings and faith journey.
 - Imagine the disciple's spiritual experience as he sat down to eat, during Mary's ministry to Jesus, and after hearing Jesus' tender words to Mary.
 - Focus on the 5 senses of the disciple at each stage of the story. What does he hear, see, feel, touch and taste? Imagine the smell of dirty bodies being replaced by the sweet smell of perfume. Hear the dinner gossip turning to silence then to the sounds of Mary's weeping then to Judas' criticism and then the loving voice of Jesus. See the gratitude in Mary's eyes, the hostility in Judas' eyes, and the love in Jesus' eyes.
5. Ask yourself personal application questions about the text:
 - What was my chosen character's spiritual experience in the story?
 - How does this touch my life today?
 - What did I learn about Jesus in the story?
 - What is God revealing about myself to me in this text?

- How do I respond to this today?

6. Close with a prayer of thanks to God for revealing Himself to you, and asking for the grace of Jesus Christ to live in harmony with what God has revealed to you.