

Prayer Resource for Christian Meditation

Try out one or more of these suggestions for engaging in Meditation as a spiritual practice.

1) Meditate on God Himself

Listen to the song [“Turn Your Eyes Upon Jesus”](#) (YouTube link to a rendition by Hillsong Worship).

*Turn your eyes upon Jesus
Look full, in his wonderful face
And the things of earth will grow strangely dim
In the light of his glory and grace*

*“Turn Your Eyes Upon Jesus”
Words and music by Helen H. Lemmel (1922). Public domain.*

Sit in silence before God, and purposefully turn your gaze towards God, and contemplate the greatness of His reality. Make an intentional choice to turn the eyes of your heart towards Jesus today.

If Jesus were to stand before you now, and ask “What do you want Me to do for you?” (Mark 10:51), what would you say to Him? As you look upon His face, what do you see? Listen for what He would say to you.

2) Meditate on God in Creation

Read Psalm 104, and then take a walk in nature to meditate on God’s greatness and on His creation.

Pay attention to what draws your attention on the walk – be it a certain tree or flower; patterns of light and shadows on the ground; the warmth of the sunshine etc. If something catches your eye or your attention, take a moment to pause and ponder with God. Engage your senses to touch, hear, smell, taste and look upon the object that drew your attention. What emotions, thoughts or impressions does it evoke in you?

Listen for what the Lord wants to speak to you about through His creation.



3) Meditate on God's Word through Lectio Divina

Meditate on **John 15:1-5** through Lectio Divina.

Read it aloud slowly and meditatively, allowing yourself to listen to your own voice.

I am the true vine, and my Father is the vinedresser: 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. Already you are clean because of the word that I have spoken to you. 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. 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.

1st Reading (*Lectio* / Read): Listen silently, as though hearing the passage for the first time. Invite the Holy Spirit to speak to you. Is there a particular word, phrase or image that catches your attention?

2nd Reading (*Meditatio* / Reflect): Listen again and focus on that particular word, phrase or image that is addressed to you. Consider more deeply how it speaks to you. Ponder it and repeat it silently to yourself.

3rd Reading (*Oratio* / Respond): Let your heart form a prayerful response to God. What prayer does that word, phrase or image evoke in you? Respond in silent prayer to God.

4th Reading (*Contemplatio* / Rest): Receive God's invitation for you to rest in His loving presence. Release yourself to God in childlike trust. Offer a silent prayer of thanksgiving for what you have received from God.



4) Meditate on a Gospel Story through Imaginative Contemplation

Begin by quieting yourself in God's presence.

Invite the Holy Spirit to guide and direct your attention and imagination as you encounter Jesus in a scene from the gospels.

Then slowly read the text several times to become familiar with the landscape and plot. Or turn on the audio Bible, and listen while the text is being read to you.

Mark 10:46 – 52

And they came to Jericho. And as he was leaving Jericho with his disciples and a great crowd, Bartimaeus, a blind beggar, the son of Timaeus, was sitting by the roadside. And when he heard that it was Jesus of Nazareth, he began to cry out and say, "Jesus, Son of David, have mercy on me!" And many rebuked him, telling him to be silent. But he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped and said, "Call him." And they called the blind man, saying to him, "Take heart. Get up; he is calling you." And throwing off his cloak, he sprang up and came to Jesus. And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Rabbi, let me recover my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way.

Begin to imagine the scene. What do you see? Hear? Smell? Feel? What do the outskirts of Jericho look like? Where is Bartimaeus? How big is the crowd? Who is there? What do they look like? What is the mood of the scene?

Invite and trust the Spirit to guide you as you watch the scene play out in your mind. Picture yourself inside the story. Let go of any desire for historical accuracy, and actively enter into the text. Watch what the characters do. Listen to what they say. Where does the Spirit invite you to participate? Which character are you? What do you say? What does Jesus say to you? What do you want? Engage in conversation with the characters in the text. Don't worry about making things up. Trust the Spirit to speak and reveal God's truth to you as you pray.

Then prayerfully reflect on what you experienced in the text.

- What does God want you to know?
- How does this experience of prayer draw you close to Jesus?



5) Meditate on God's Works through Remembrance

Prepare some Communion elements, like bread/biscuit and wine/juice.

Read Luke 22:14-20, and imagine yourself as one of the disciples sitting around the table with the Lord Jesus when He instituted the Lord's Supper. As you place yourself in the story of the Lord's Supper, what are you sensing, feeling and hearing?

Take Communion with the Lord – partake of the bread/biscuit and wine/juice, and meditate on what Christ has done for you.

Remembrance is participation.

As we meditate on Christ's body and blood being given for us, we are not only recognising that our spiritual life is grounded in Christ, we are also bringing the significance and original dynamic of the Lord's Supper into our present life.

6) Meditate on What is Life-Giving

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:8

Think back to the year that has just passed.

What are some of your testimonies? Recall some of the ways that God has brought answers to prayer; how God has provided for you, and some of the other blessings and gifts you have received from the Lord.

Meditate on your testimonies of the positive things in your life, experience the gratitude blossoming in your heart, and thank God for each blessing.



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Hymn

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