

Quote from Richard Foster in his book, *The Celebration of Discipline*:

“Christian meditation, very simply, is the ability to hear God’s voice and obey His Word.
It involves no hidden mysteries, no secret mantras,
no mental gymnastics, no esoteric flights into the cosmic consciousness.

The truth of the matter is that the great God of the universe,
the Creator of all things, desires our fellowship...

What happens in meditation is that we create the emotional and spiritual space
which allows Christ to construct an inner sanctuary in the heart...

Our ever present Teacher will always be leading us into
‘righteousness, peace, and joy in the Holy Spirit’ (Romans 14:17).

Eastern meditation is an attempt to empty the mind;
Christian meditation is an attempt to fill the mind.
The two ideas are quite different...Detachment is the final goal of Eastern religion.
Christian meditation goes far beyond the notion of detachment...
detachment from the confusion all around us in order to have a richer attachment to God.”

SONG of OPENING BLESSING: “Grace and Peace” (Romans 1:7)

on album, *In the Shadow of His Wings*, sung by Fernando Ortega and Marsha Skidmore

Grace and peace to you; Grace and peace to you from God our Father and the Lord Jesus Christ.

BIBLE – Selected passages:

From John 3 in the *New Living Translation*:

**¹⁶ For God loved the world so much that he gave his one and only Son,
so that everyone who believes in him will not perish but have eternal life.**

¹⁷ God sent his Son into the world not to judge the world, but to save the world through him.

¹⁸ There is no judgment against anyone who believes in him...

³⁶ And anyone who believes in God’s Son has eternal life.

From John 10 in the *New Living Translation*:

^{6b} I am the gate for the sheep.

**^{9b} Those who come in through me will be saved.
They will come and go freely and will find good pastures.**

¹⁰ The thief’s purpose is to steal and kill and destroy.

My purpose is to give them a rich and satisfying life.

¹¹ I am the good shepherd. The good shepherd sacrifices his life for the sheep.

SONG: "Come to Jesus" by Chris Rice , Copyright 2002 Clumsy Fly Music (ASCAP)

**Weak and wounded sinner lost and left to die
O, raise your head, for Love is passing by**

Come to Jesus; Come to Jesus; Come to Jesus and live!

**Now your burden's lifted and carried far away
And precious blood has washed away the stain...**

So sing to Jesus; Sing to Jesus; Sing to Jesus and live!

**And like a newborn baby, don't be afraid to crawl
And remember when you walk, sometimes we fall...**

So fall on Jesus; Fall on Jesus; Fall on Jesus and live!

**Sometimes the way is lonely and steep and filled with pain
So if your sky is dark and pours the rain...**

Then cry to Jesus; Cry to Jesus; Cry to Jesus and live!

**Oh, and when the love spills over and music fills the night
And when you can't contain your joy inside...**

Then dance for Jesus; Dance for Jesus; Dance for Jesus and live!

**And with your final heartbeat kiss the world goodbye;
Then go in peace, and laugh on glory's side...**

And fly to Jesus; Fly to Jesus; Fly to Jesus and live!