

## Guided Christian Meditation at NEC on September 16, 2013

### Focus: God, the Father – Faithful and Forgiving

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#### 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

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#### **SONG: “Be Still”** by Steven Curtis Chapman on album, *Speechless*

Be still and know that He is God

Be still and know that He is holy

Be still, O restless soul of mine

Bow before the Prince of peace

Let the noise and clamor cease

Be still and know that He is God

Be still and know that He is faithful

Consider all that He has done

Stand in awe and be amazed and know that He will never change

Be still

Be still, and know that He is God

Be still, and know that He is God

Be still, and know that He is God

Be still; Be speechless

Be still and know that He is God

Be still and know He is our Father

Come rest your head upon His breast

Listen to the rhythm of His unfailing heart of love beating for His little ones

Calling each of us to come

Be still, Be still

**SCRIPTURE: Luke 15:11-31, a story told by Jesus Christ**

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**SONG: "Great is Thy Faithfulness"**

by Fernando Ortega on album, *Shadow of Your Wings: Hymns & Sacred Songs*

Great is Thy faithfulness,  
Oh God, my Father There is no shadow of turning with Thee  
Thou changest not,  
Thy compassions, they fail not  
As Thou hast been, Thou forever wilt be

Summer and winter and springtime and harvest  
Sun, moon, and stars in their courses above  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy, and love

Great is Thy faithfulness  
Great is Thy faithfulness  
Morning by morning new mercies I see  
All I have needed Thy hand hath provided  
Great is Thy faithfulness, Lord, unto me

Pardon for sin,  
and a peace that endureth  
Thine own dear presence to cheer and to guide  
Strength for today and bright hope for tomorrow  
Blessings all mine, with ten  
thousand beside