

MEDITATION + PRAYER

GOING DEEPER INTO A LIFE OF PRAYER



WHAT IS IT?

IN OUR PRAYER ROOM CONTEXT, MEDITATION IS SIMPLY BEHOLDING THE BEAUTY OF JESUS CHRIST. GET QUIET, OPEN YOUR BIBLE AND YOUR HEART FOR COMMUNION AND COMMUNICATION WITH GOD. THERE EXISTS ENDLESS PLEASURE AND JOY IN THIS PLACE OF MEDITATIVE PRAYER, BUT IT CAN BE INTIMIDATING WHEN YOU FIRST START THIS PRACTICE. BELOW ARE SOME TIPS FROM KIRK BENNET'S MANUAL, "*DEEPENING PROPHETIC REVELATION THROUGH MEDITATION*."



MAKE A PLAN

- CHOOSE TIME AND PLACE FOR YOUR MEDITATION. SCHEDULE IT AND KEEP IT SACRED. THIS IS YOUR TIME WITH JESUS!
- PREPARE YOURSELF SPIRITUALLY. WE DON'T WANT ANYTHING TO HINDER THE SPIRIT THAT EMPOWERS US IN THE PLACE OF MEDITATIVE PRAYER. SPEAK TO THE SPIRIT ABOUT THE TIME, PLACE, AND WHAT YOU ARE EXCITED TO EXPERIENCE.
- DON'T GIVE UP! JESUS WANTS TO BE WITH YOU. BEHOLDING THE BEAUTY OF JESUS IS A NEVER ENDING ENDEAVOR- WE CAN NEVER FULLY GRASP HIS BEAUTY UNTIL WE SEE HIM FACE TO FACE.
- PICK A VERSE AND KNOW THAT TRUTH IS A PERSON, JESUS CHRIST, NOT JUST A SERIES OF FACTS. (WE SUGGEST BEGINNING WITH *REVELATION 4-5, JOHN 17, PSALM 23-24, AND THE APOSTOLIC PRAYERS*.)
- JOURNAL PROPHETIC INSIGHTS OR YOUR COMMUNICATION WITH THE LORD.

R-W-S-S-P

READ IT

WRITE IT

SAY IT

SING IT

PRAY IT