

Prayer, Meditation, & Spirituality

Introduction:

What if you were picked by your company to run in next year's mini-marathon? Could you do it? What would you have to do over the next 11 months to successfully compete in this event? How serious would you be? If you were serious about competing, you'd have to enter a life of training. Success would come by *arranging your life* around the activities that would enable you to do what you cannot do now. We are to train ourselves to be godly (1 Corinthians 9:24-27; 1 Timothy 4:7-8). Spiritual training can be pleasant – joyful - & the payoff enormously satisfying. There are no limits for the Christian – Phil. 4:13. How do prayer & meditation fit into this?

I. Meditating on God's word.

- A. Psa. 119:15-16; 48; 97; 148
- B. Understand – meditation is not simply about acquiring scripture knowledge.
 - 1. Don't read just for *information* but for *formation*.
 - 2. 1 Timothy 4:13-15 – we're talking about the practice of sustained attention.
- C. Real growth comes when we take a basic truth of Scripture & meditate on it.
- D. As you reflect on Scripture – you'll develop a hunger for God's word. (Mt. 5:6)

II. Quiet Time & Prayer.

- A. How much quiet time do you have in your life?
- B. Do you struggle w/distractions when you pray?
 - 1. Mk. 1:35 – find a quiet place.
 - 2. A few moments of preparation will help.
 - a) Concentrate on right now.
- C. Prayer is food for the soul. Psa. 105:3-4; 145:18-21
- D. Look at Jesus. Prayer sustained Him while on earth.
- E. EVERY incident in life is an event to be dealt with in prayer.

Conclusion.

- A. You're in a spiritual marathon. How well are you running? How serious is your training?
 - 1. 1 Cor. 9:24b – *run in such a way that you may win*.
 - 2. It is possible! You can finish the race!
- B. Prayer and meditation are absolutely essential to finishing the race!
- C. How committed are you to arranging your life around these activities?
- D. Remember – spiritual transformation is not a compartmentalized pursuit.
 - 1. 1 Tim. 4:15 – Are you absorbed in spiritual things?
- E. Would you describe yourself as a spiritual person? Do you possess a desire to be deeply spiritual?
 - 1. Do what you need to do to be transformed.
- F. Begin today through your obedience to the gospel.