

Contemplation In Prayer

“Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer.” (Psalm 19:14)

Introduction / Discussion

1. Previously:
 - a. Prayer is a fundamental act in seeking God.
 - b. Are we creating consistency in daily prayers.
 - i. Challenges?
 - ii. Successes?
 - iii. Lessons learned?
2. This lesson: Psalm 19:14: Meditation with prayer.

Discussion

I. Kinds of Prayer

- A. Supplication = “Ask” (Matt. 6:9-13)
- B. Intercession = fall alongside, join in with others in making requests on their behalf.
 1. Rom. 15:30: “strive with me in prayer”
 2. Rom. 8:34; Heb. 7:25: As Jesus does for us.
- C. Praise and thanks in all things:
 1. Col. 3:17: In all that we do
 2. Col. 4:2: In everything
 3. Heb 13:15: Bearing the fruit of our lips.
- D. All these kinds of prayers may be combined with contemplation and meditation.

II. Contemplation and Meditation in Prayer

- A. Ps. 19:14: An act of worship, devotion.
 1. Phil. 4:8: Instructed to combined with prayer.
 2. Ps.77:6-15: Indicates a heart that seeks God.
- B. What do we meditate on?
 1. Ps. 119:15: His *precepts*; contemplate His *ways*.
 2. Vs. 27: His wonderful *works*
 3. Vs. 48: His *commands*; His *statutes*.
 4. Vs. 148: His *word*.
 5. Ps. 145:5: His *splendor* and His *majesty*.
 6. Mal. 3:16: “meditate on His *name*.”
 7. Ps. 139:23-24: Honest examination of self, heart, anxieties, our sins, etc. (read vs. 1-10).
 8. Phil. 4:8: All that is good, noble, etc.
 9. 1 Tim. 4:12-16: Example, conduct, love, faith, purity, reading, exhortation...meditate on these.

C. DISCUSSION How can Meditating on the things of God help give depth and joy and peace in our prayers?

1. Meditating on the things of God: _____

2. Meditating in self-examination: _____

III. Drawing Near to God

A. James 4:8: Drawing near to God is the goal.

1. "Asking" allows us to draw near because it acknowledges our need for and dependence on God.
2. Contemplation helps take it even further, as we seek to draw near with our whole heart: our affections, desires, awe, admiration, etc.

B. Examples:

1. Ps. 33:8-9: Stand in awe of Him.
2. Vs. 21: Let your heart rejoice in Him.
3. Ps. 40:16: Seek, love, magnify Him.

Conclusion

1. Next Lesson: Confession of sins.
 - a. Common questions.
 - b. Is it necessary?
 - c. How do we do it?
 - d. What's the purpose?
 - e. Must we "confess to one another"?
2. We'll answer these questions and more.