**Prayer Makeover -- Class #5**

**Meditation & Confession Makeover**

**LAST WEEK’S ASSIGNMENT**

Asked you to ponder which of God’s attributes impacts you the most and begin praising him saying, “You are . . .” and also to pray the Psalms that mirror you present life situation.

**LESSON OVERVIEW**

Prayer is when you talk to God; meditation is when you listen to God. – Author Unknown

We must move from asking God to take care of the things that are breaking our hearts, to praying about the things that are breaking His heart. – Margaret Gibb

1. Concept of “meditation” has been hijacked, making Christians wary of it.

2. Scripture promises great benefits from mediation.

3. To understand meditation, we must understand rumination.

4. Several practices will help you meditate on Scripture.

5. Confession is motivated by encountering God.

6. What is and is not the purpose of confession.

7. What is and is not the motivation for confession.

8. Confession contrasted – Saul and David

**DEFINITION**

1. When you hear the word “meditation,” what first comes to mind? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Read Joshua 1:8. What is the promise of meditation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. J. I. Packer -- *Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God. It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God.*

What do you think of his definition? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. How is meditation like praise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEDITATION = RUMINATION**

*Let us ruminate [on Scripture], as it were, chew the cud, so we may have its sweet juice, spiritual effect, marrow, honey, kernel, taste, comfort and consolation.* – Thomas Cranmer

1. Rumination (cud chewing) involves 40,000 jaw chewing movements per day and four stomachs:

 a. **Reticulum** – Honeycombed fermentation vat; catches foreign objects

 b. **Rumen** – Mixing chamber with microorganisms; removes waste products

 c. **Omassum** – Page-like structure where nutrient absorption begins

 d. **Abomasum** – Page-like structure with hydrochloric acid and enzymes for further nutrient absorption

2. What applications would you draw from rumination to biblical meditation? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEDITATION HOW-TO**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lends itself to meditation.

2. Ponder two questions in a passage you are meditating on:

 a. What does the passage \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

 b. How would God \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this passage to me?

**MEDITATION & CONFESSION**

1. Read Isaiah 6:1-5. What is the first response to encountering God? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Read I John 1:9. What is the purpose of confession? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. It is evident that thou contendest against **sin** merely because of thy own **trouble** by it. Would thy conscience be quiet under it, thou wouldst let it alone. – John Owen

What would be the right and wrong motivations for confessing sin? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. If ever thou wilt mortify thy corruptions, thou must tie up thy conscience to the law, shut it from all shifts and exceptions, until it owns its guilt with a clear and thorough apprehension . . . Bring thy lust to the gospel – not for relief, but for farther conviction of its guilt; look on Him whom thou hast pierced, and be in bitterness. Say to thy soul, “What have I done? What love, what mercy, what blood, what grace have I despised and trampled on! Is this the return I make to the Father for his love, to the Son for his blood, to the Holy Ghost for his grace? – John Owen

What is the relationship of repentance to confession? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Contrast the confession of sin by Saul (I Samuel 15:9, 13, 20-21, 24-25) and David (II Samuel 12:13, Psalm 51) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ASSIGNMENT**

1. Each day this week take a few minutes to meditate on a Bible verse you find relevant to your current needs. Does it lead you to a confession of sin? Observe what additional insights you gain.

2. Memorize a verse or small passage and note how that affects your ability to meditate on it.