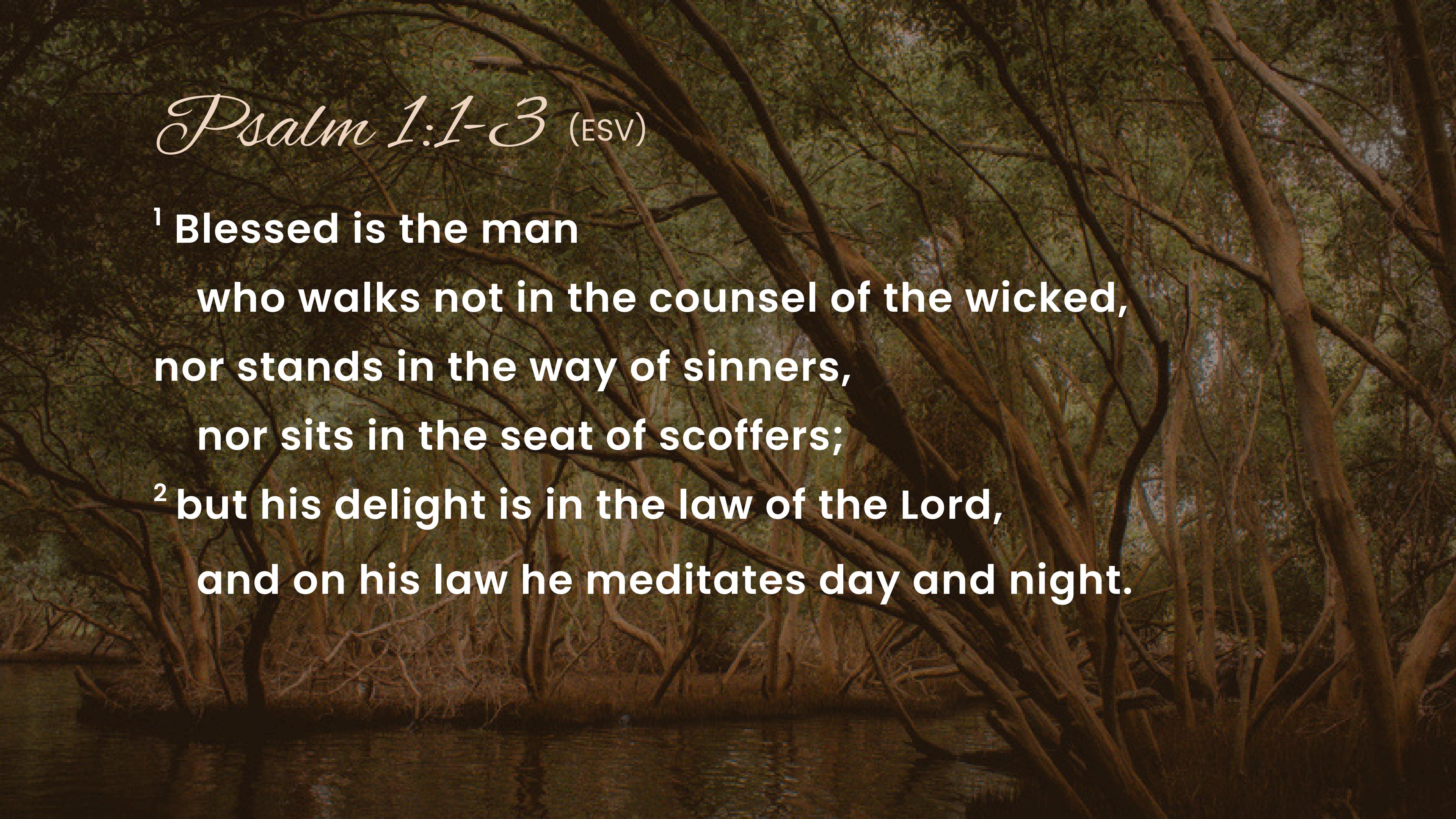




Word

WITH MS LYNN YEE

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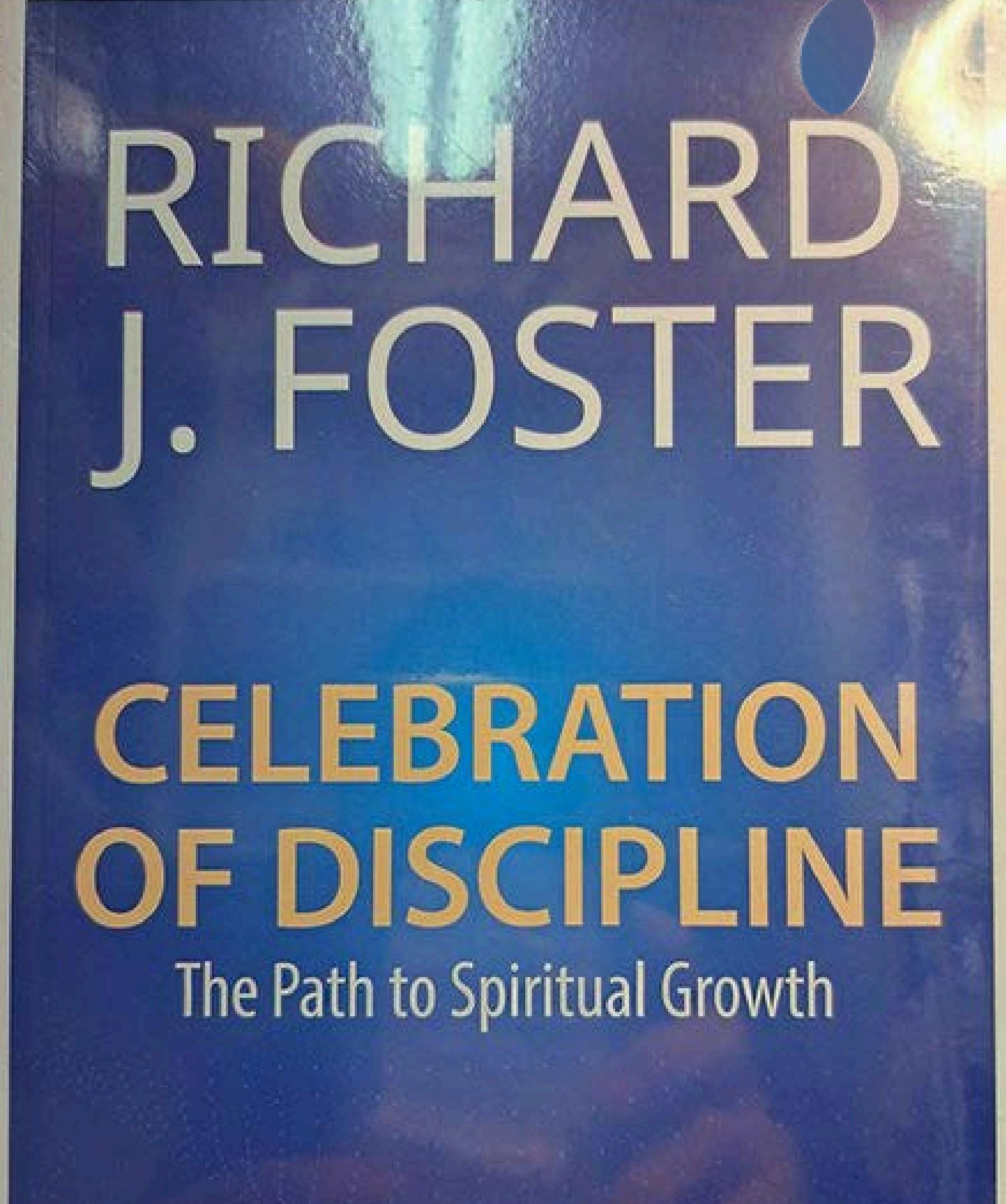


Psalm 1:1-3 (ESV)

1 Blessed is the man
 who walks not in the counsel of the wicked,
 nor stands in the way of sinners,
 nor sits in the seat of scoffers;
2 but his delight is in the law of the Lord,
 and on his law he meditates day and night.

Psalm 1:1-3 (ESV)

³ He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.



RICHARD
J. FOSTER

CELEBRATION
OF DISCIPLINE

The Path to Spiritual Growth

ROOTED IN HIS *PRESENCE*

- making space in our lives to encounter God
- back to basics
- spiritual disciplines helps us but are not the end in itself

PULPIT SCHEDULE

- 11 Jan • Vision 2026 + *Devotions*
- 18 Jan • **Meditation**
- 01 Feb • *Prayer*
- 08 Feb • *Fasting*
- 15 Mar • *Study*
- 22 Mar • *Solitude*
- 29 Mar • *Submission*
- 12 Apr • *Simplicity*
- 19 Apr • *Worship*
- 26 Apr • *Service*
- 16 Aug • *Guidance*
- 23 Aug • *Celebration*
- 30 Aug • *Small Groups + Accountability*



Celebration of Discipline: *Meditation*

Sunday 18 January 2026
Lynn Yee

Spiritual Disciplines / Practices

- Intentional practices of sustained focus – on God, on His story, on the condition of our own souls.
- Not a gauge of spiritual maturity; they are a means to an end.
- Training exercises that empower us to live in the Kingdom of God.
- Significant transformation involves *training* to do something and not just trying.





In contemporary society our Adversary majors in three things: noise, hurry and crowds.

If he can keep us engaged in ‘muchness’ and ‘manyness’, he will rest satisfied.

RICHARD FOSTER



@Facts2Focus

Every pattern in your life

repeats until you learn the lesson.

The moment you choose differently,
the loop ends and growth begins..



*We do not think ourselves into new ways of living;
we live ourselves into new ways of thinking.*

RICHARD ROHR

The Key to Getting God's Truth in Our Hearts

- Spiritual transformation only comes when the truth of Scripture is truly heard in the biblical sense of “hear” or “heed”.
- Deuteronomy 6:4 “***Hear*** O Israel, the Lord your God, the Lord is one.”
- ***Shama*** (OT.8085): to hear intentionally, often with the intention of obeying
- Psalm 1:2-3, Joshua 1:8 - Meditate on God’s law
- Words denoting the concept or activity of meditating or meditation are found at least 19 times in the OT, 8 of which are in Psalm 119.



Referring to life-robbing fears, anger, and lack of self-control:

You cannot change such things through mere willpower, through learning Biblical principles and trying to carry them out. We can only change permanently as we take the gospel more deeply into our understanding and into our hearts. We must feed on the gospel, as it were, digesting it and making it part of ourselves. That is how we grow.

TIM KELLER

Christian Meditation vs. New-Age Meditation



Area	Christian Meditation	New Age / Eastern Meditation
Who is at the Centre?	A personal God who speaks, loves, and relates to us	An impersonal force, energy, or higher self
Goal	To know God more deeply and respond to Him in love and obedience	To find inner peace, enlightenment, or self-transcendence
What Happens to the Mind?	The mind is engaged and focused on God, Scripture, or prayer	The mind is often emptied or detached from thoughts

Christian Meditation vs. New-Age Meditation



Area	Christian Meditation	New Age / Eastern Meditation
Role of Scripture	Central – we meditate on God's Word and God's truth	Not central – no reliance on biblical revelation
View of Self	The self is real and loved , meant to be healed and transformed by God	The self is often seen as something to dissolve, escape, or merge beyond
Relationship vs. Technique	About a relationship with God	Often about techniques or methods to reach a certain state

Christian Meditation vs. New-Age Meditation



Area	Christian Meditation	New Age / Eastern Meditation
How Change Happens	Change comes through God's grace and the Holy Spirit	Change comes through human effort or inner discovery
View of God and Creation	God is distinct from us (Creator), yet lovingly present	God or the divine is often seen as within everything (including us)
Outcome	Deeper love for God, others, and a transformed way of life	Inner calm, detachment, or personal spiritual experience

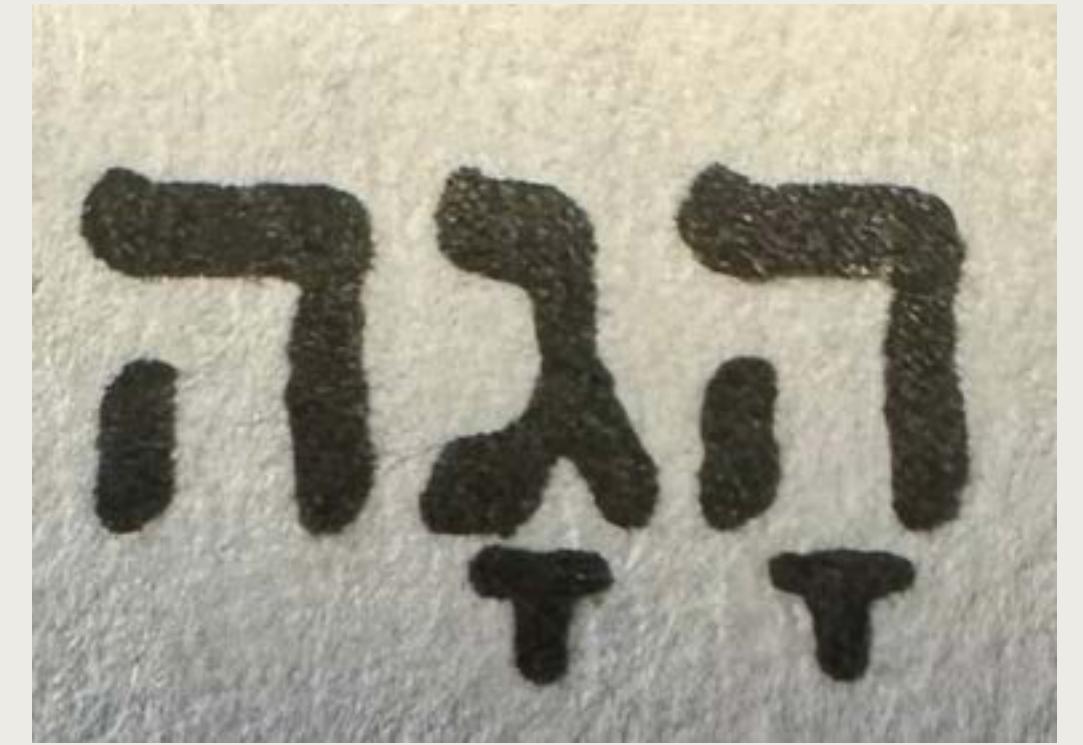
What Does It Mean to Meditate



Haghah: to mutter, growl, or speak in a low voice; often describes meditative prayer – a gentle, whispered or inwardly-voiced reflection.

Think of:

- Reading Scripture under your breath
- Chewing on food slowly
- Repeating something until it sinks in



Psalm 1:2 “on his law he meditates (hāgā) day and night”

Joshua 1:8 “you shall meditate (hāgā) on it day and night.”

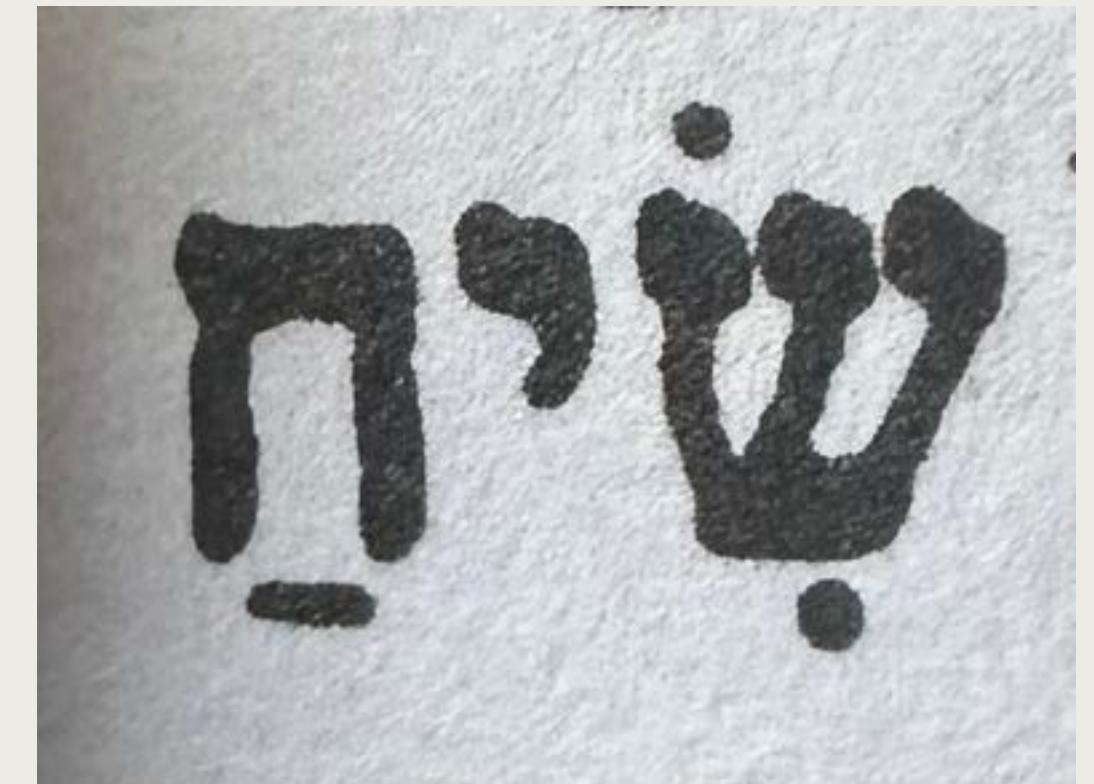
Siakh: musing, pondering, or conversational prayer; rehearsing or going over something in one's mind, either outwardly talking or musing silently.

Think of:

- Talking something through with a trusted friend
- Letting thoughts rise and responding to God
- This kind of meditation is relational

Genesis 24:63 “Isaac went out into the field to meditate (sîakh) in the evening.”

Psalm 63:6 “I remember you upon my bed, and meditate (sîakh) on you in the watches of the night.”



Siakh: What We Rehearse in Our Heart and Mind

Siakh

- Interestingly, the Bible also uses *siakh* to describe repeated complaining, nagging or distress (Proverbs 23:29).
- When we worry, our thoughts circle again and again. We replay conversations, imagine outcomes, and return to the same fears. Biblically speaking, that is *siakh*.
- Worry is *siakh* carried alone; Biblical meditation is *siakh* brought into the presence of God.

If you know how to worry, you already know to meditate!

Two Forms of Biblical Meditation



1. Lectio Divina (divine reading)

- Involves the successive reading aloud of a Bible passage to draw close to the Holy Spirit.
- Listen for God; respond to His message; reflect on how to take it in
- Not just reading/going through the Word, but allowing the Word to go through us (Hebrews 4:12).
- This does not replace Bible Study, but it adds to our prayer life and allows God's Word to sink in and speak to us.



1st Reading (*Lectio / Read*): Listen silently, as though hearing the passage for the first time. Is there a particular word, phrase or image that catches your attention?

2nd Reading (*Meditatio / Reflect*): Listen again and focus on that particular word, phrase or image. Ponder it, ruminate on it, and repeat it silently to yourself.

3rd Reading (*Oratio / Respond*): Let your heart form a prayerful response to God. What prayer or what emotions does that word or phrase stir up in you? Respond in prayer to God.

4th Reading (*Contemplatio / Rest*): Rest in what you have received from the Lord. Offer a silent prayer of thanksgiving to God.

Two Forms of Biblical Meditation



2. Imaginative Contemplation on God's Word

- Information alone does not transform you; rather, it is what is experienced as concrete in memory and in the imagination that is most impactful.
- This type of meditation engages your imagination, and relies on the Holy Spirit to take you into the story of Scripture.
- There may be concerns about the use of the imagination in prayer and meditation, but let us open ourselves to the Spirit of Truth, and trust Holy Spirit to sanctify our imagination.



*To believe that God can sanctify and utilise the
imagination is simply to take seriously the
Christian idea of incarnation.*

RICHARD FOSTER

Together with the Holy Spirit, engage your imagination and your five senses to enter into the drama of the Scripture passage. 

- What can you see, hear, smell, taste, feel?
- Where is your attention drawn to in the scene?
- Where do you find yourself in the story?
- Don't make any judgments; just notice what is happening and how you are experiencing the events unfolding
- How do you feel about what is happening in the story?
What emotions are evoked in you?

Other Godward Ways of Meditation

- 1. Meditate on God Himself** - to contemplate on our God, so that the vision of Him, in all its majestic greatness and goodness, is embedded in our heart.
- 2. Meditate on God in Creation** - “the heavens declare the glory of God...day to day pours out speech and night to night reveals knowledge” (Ps.19:1-2).



Other Godward Ways of Meditation

3. Meditate on the Works of God - Remembrance - To remember in biblical thought is to think and contemplate on something, so we have an active relationship with it.

Remembrance equals participation.

4. Meditate on What is Life-Giving - What do we choose to set our minds on? Do we magnify our problems, or do we magnify God?



SCAN FOR MEDITATION RESOURCE



*Resources are available free of charge
until 18 February 2026.*



www.dwellingdeep.com