

## LESSON 5: MEDITATION

Scripture points out two important principles concerning prayer and hearing from God.

1. We must go to a place of solitude and quietness
2. We must be able to meditate on God's Word

**Read *Matthew 3:13-17***

- ▶ What does baptism represent?
- ▶ How did this relate to how Jesus lived after baptism and how we should live after salvation?

PRAY TO RECEIVE DIRECTION

**Read *Luke 6:12***

- ▶ What are the two things we are told about how Jesus prayed?
- ▶ Why does Jesus need to go to a desolate place?
- ▶ Why does Jesus pray all night?
- ▶ Why does Jesus not get the directions automatically and quickly?

PRAY IN TIMES OF GRIEF

**Read *Matthew 14:10-13* and *Matthew 26:36-44***

- ▶ How does Jesus respond to the grief in His life?

NEED-DRIVEN PRAYER LIFE

Some principles we can learn from Jesus' prayer life:

1. It was not at a preset time of day.
2. The time spent in prayer varies by His Father's direction and not His own direction.
3. Jesus did not follow a prescribed ritual.
4. Jesus did not follow an agenda or rules, but it was based on need.

HOW DOES JESUS PRAY?

**Read *Matthew 14:23***

- ▶ What time of day did Jesus pray?

**Read *Mark 1:35***

- ▶ What time of day did Jesus pray in this verse?

**Read *Isaiah 30:15-16***

- ▶ Where do we find strength when praying in the desolate place?

PROMISES IN THE BIBLE

- ▶ How can we learn to know and trust God's promises to us?

MEDITATION

***Joshua 1:8, Psalms 1:2, Psalms 49:3***

**Two types of Scripture:**

- 1. Didactic: Doctrine or teaching—i.e. Paul's teaching in NT**
- 2. Narrative: Story of people's lives-i.e. The Gospels and majority of OT**

You need to meditate on both types. In order to meditate, you must look at the forest (The main point) and the trees (the details) in the passages.

In a narrative you will look at the details and those details will lead to the main point. In a didactic passage you will look at the teaching inside the passage, and the teaching will lead to the main point. There is a main point in each passage. What we need to do is to look for the details. If you do not get the details then you will miss the main point.

***We will practice together how to find the trees and the forests using Matthew 2:1-12 in discipleship this week. Take a look at the passage beforehand and we will go over it in details together!***