



MEDITATION

Spiritual Sweat – Part 1

January 13, 2013

The greatest problem of our era? _____

THE SOLUTION: THE PATH OF DISCIPLINED GRACE

**Goal is not to escape the world, but to live with the
_____ in the world.**

*“These things [willpower] indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh.”
Colossians 2:23*

Righteousness comes through _____.

Grace is made available through _____.

KEY VERSE: *“For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.” Galatians 6:8*

THE FIRST DISCIPLINE: MEDITATION

“Hurry is the death of depth.”



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- Meditation is the process of _____

“So the Lord spoke to Moses face to face, as a man speaks to his friend.” Exodus 33:11

- Meditation is where we _____

“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.” Revelation 3:20

TIPS FOR GETTING STARTED

1. Set a _____
2. Choose a _____
3. Have a _____
4. Prepare for _____

START WITH DESIRE, NOT TECHNIQUE

“My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.” John 10:27-28