



Silence, Solitude & Meditation

**Center for Student
Development**

Regent University

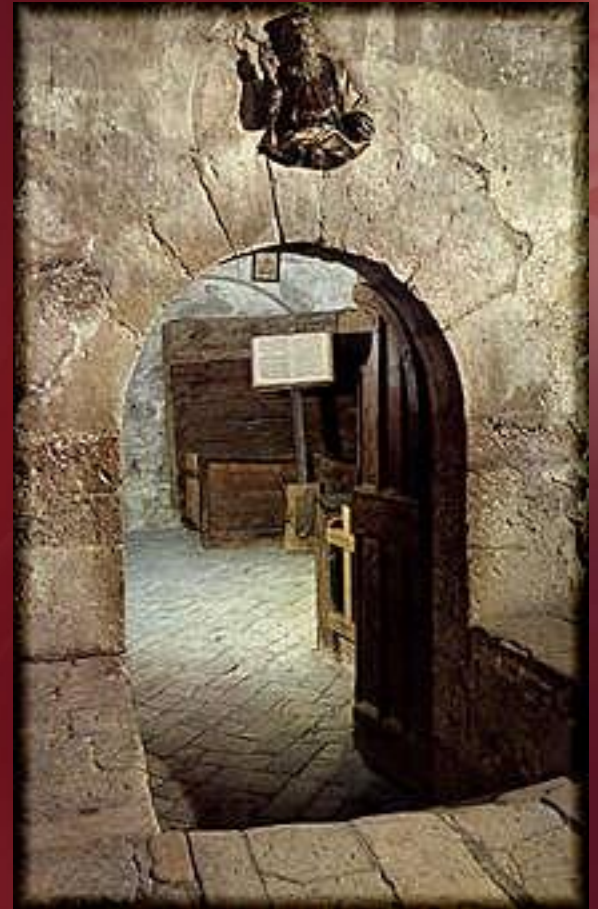
2005

Cornelius J. Bekker

The Biblical Call to Intimacy

“My lover spoke and said to me,
‘Arise, my darling,
my beautiful one, and come with
me.... Arise, come, my darling;
my beautiful one, come with me....
My dove in the clefts of the rock,
in the hiding places on the
mountainside,
show me your face,
let me hear your voice;
for your voice is sweet,
and your face is lovely....”

Song of Solomon 2:10-14



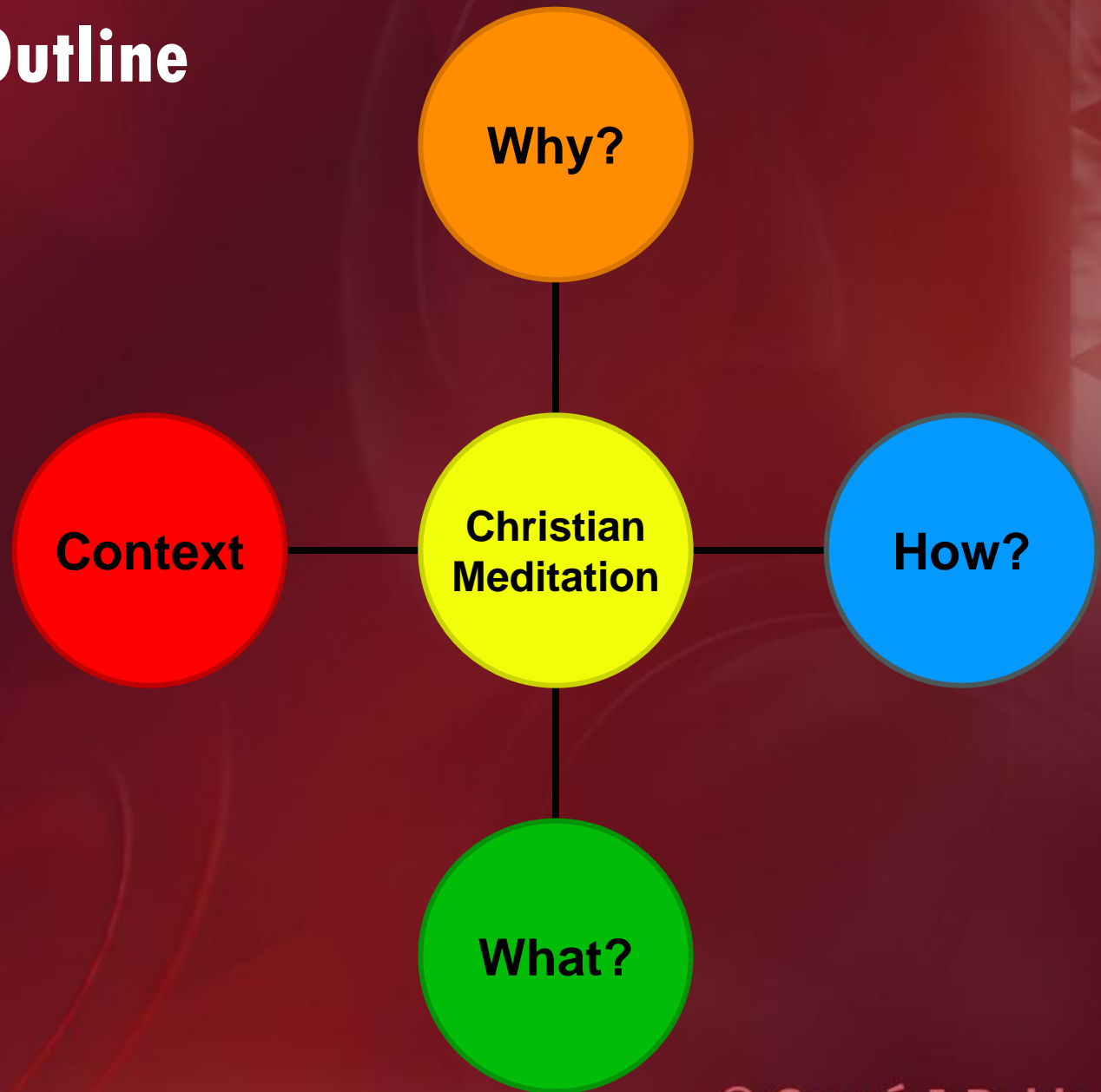
The Invitation to Perpetual Intimacy



**“There is no mode of
life in the world more
pleasing and more
full of delight than
continual
conversation with
God.”**

- Brother Lawrence

Workshop Outline



Why Meditate?



The Biblical basis for meditation is discovered in the great reality of the speaking, teaching, acting God which lies at the heart of the scriptural witness.

Why Meditate?

Jesus in his tender and loving relationship with the Father modeled for us the reality of a life of hearing and obeying.

It is this ability to hear and obey that is the heart and soul of Christian meditation.



Why Meditate?



Jesus is resurrected and at work in our lives. He is alive and among us as our **Priest** to forgive us, our **Prophet** to direct us, our **Lover** to court us, our **Teacher** to teach us, our **King** to rule us, our **Shepherd** to guide us and our **Lord** to protect us.

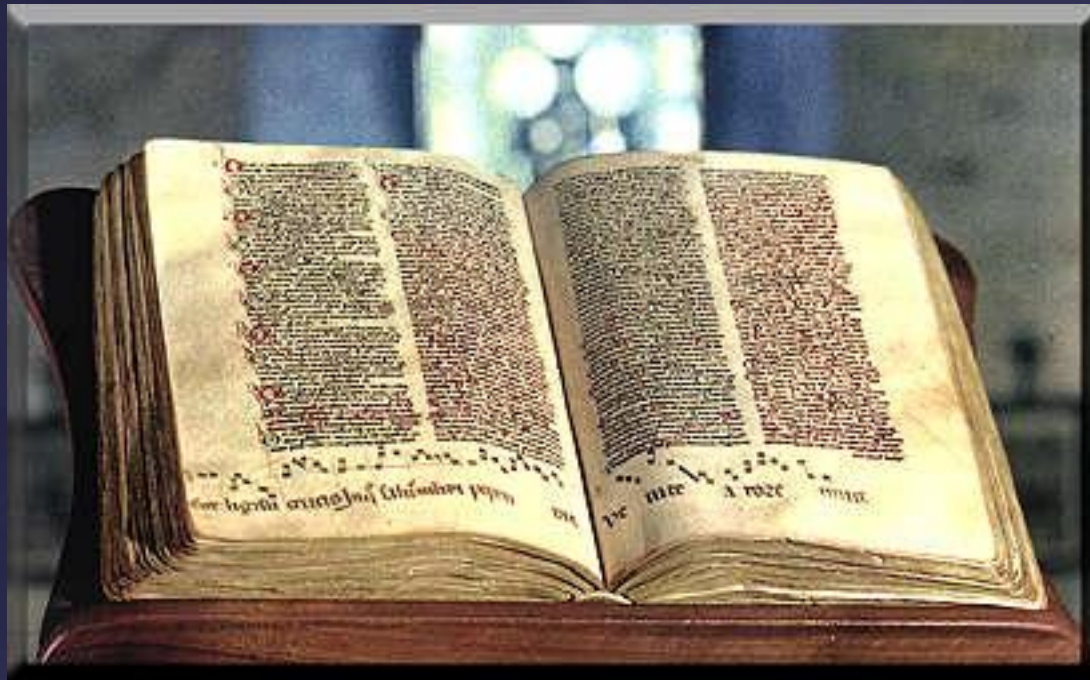
Biblical Perspectives on Meditation

- Meditation is part of our preparation for worship, praise, and prayer. (Psalm 5:1, Psalm 19:14, Psalm 104:34)
 - Meditation brings forth understanding, it gives us perspective and balance. (Psalm 49:3)
- Meditation brings forth success and prosperity. (Psalm 1:1-3, Joshua 1:8)
- Meditation is a tool for the dismantling of wrong attitudes. (Psalm 4:4, Philippians 4:8-9)

The Biblical Invitation to Meditation

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.”

(Revelation 3:20)



Meditation: The Witness of the Ages

“To pray is to descend with the mind into the heart, and there to stand before the face of the Lord, ever present, all seeing, within you.”

- Russian Christian, Theophan the Recluse.

“I meditate because I am a Christian.”

-Lutheran martyr, Dietrich Bonhoeffer.

“To meditate is to experience the depths of Jesus Christ.”

-Madame Jeanne Guyon.

“Meditative prayer is a familiar friendship with Jesus.”

-Thomas á Kempis.

Meditation: The Witness of the Ages

" In meditation...the perpetual presence of the Lord (omnipresence, as we say) moves from a theological dogma into a radiant reality. 'He walks with me and He talks with me' ceases to be pious jargon and instead becomes a straightforward description of daily life."

- Richard Foster.

"Be silent, and listen to God. Let your heart be in such a state of preparation that His Spirit may impress upon you such virtues as will please Him. Let all within you listens to Him. This silence of all outward and earthly affection and of human thoughts within us is essential if we are to hear His voice."

-Francois Fénelon.

The Definition of Meditation



**"In Meditative Prayer
we create the
emotional and
spiritual space
which allows Christ
to construct an inner
sanctuary in the
heart."**

- Richard Foster.

The Definition of Meditation

“...our minds
become His
temple-tent...”

– Thomas Merton



The Definition of Meditation



"...cloistered hearts and cathedral minds..."

- John Michael Talbot

The Definition of Meditation

"Be **still**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

- Psalm 46:10



The Practice of Meditation

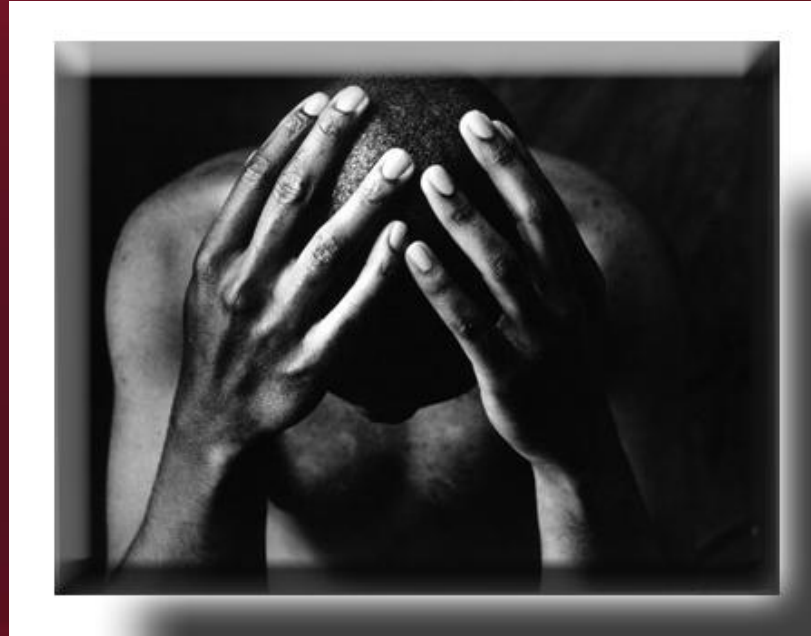
Recollection

Contemplation

Reception



Recollection (Becoming Aware of the Presence of God)



“Thoughts continue to jostle in your head like mosquitoes. To stop this jostling you must bind the mind with one thought, or the thought of One only. An aid to this is a short prayer, which helps the mind to become simple and unified.”

– Theophane the Recluse

Recollection (Becoming Aware of the Presence of God)



“Teach me your way, O LORD,
and I will walk in your truth;
give me an undivided heart,
that I may fear your name.”

- Psalm 86:11

Contemplation (Beholding the Lord)

“I lift up my eyes to you,
to you whose throne
is in heaven.

As the eyes of slaves
look to the hand of their
master,

as the eyes of a
maid look to the hand of
her mistress,

so our eyes look to
the LORD our God,
till He shows us his
mercy.”

- Psalm 123:1-2

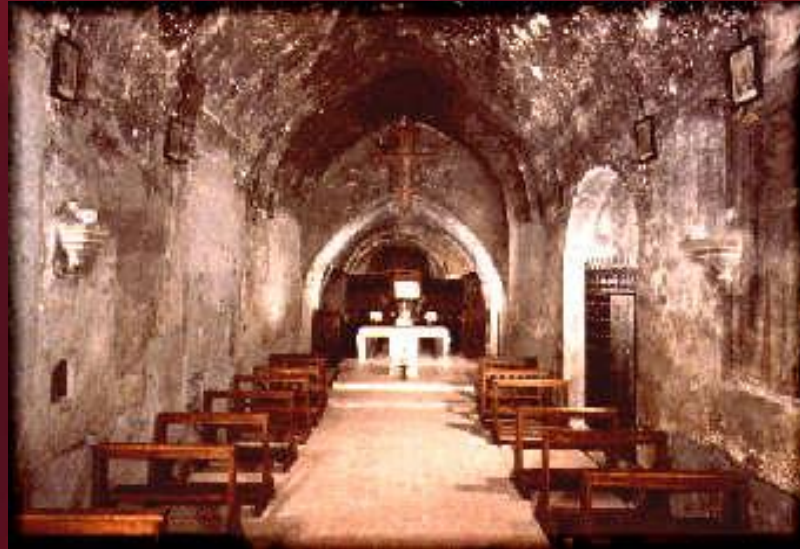


Contemplation (Beholding the Lord)



**“Place your mind in the
mirror of eternity;
Place your soul in the
splendor of glory;
Place your heart in the
figure of the divine
substance;
And, through
contemplation, transform
your entire being
Into the image of the
Divine One Himself.”
- Clare of Assisi**

Reception (The Prayer of Listening)



"This is my Son, whom I love; with him I am well pleased. Listen to Him!"

- Matthew 17:5

Reception (The Prayer of Listening)



**“Since ancient times no one
has heard,
no ear has perceived,
no eye has seen any
God besides You,
who acts on behalf of
those who wait for Him. “**

- Isaiah 64:4

The Context of Meditation: Silence & Solitude

“Silence gives us a new outlook on everything. We need silence to be able to touch souls. The essential thing is not what we say but what God says to us and through us.

Jesus is always waiting for us in silence.

In that silence, He will listen to us; there He will speak to our soul, and there we will hear His voice.“

- Mother Teresa of Calcutta



The Twin Discipline of Solitude and Silence

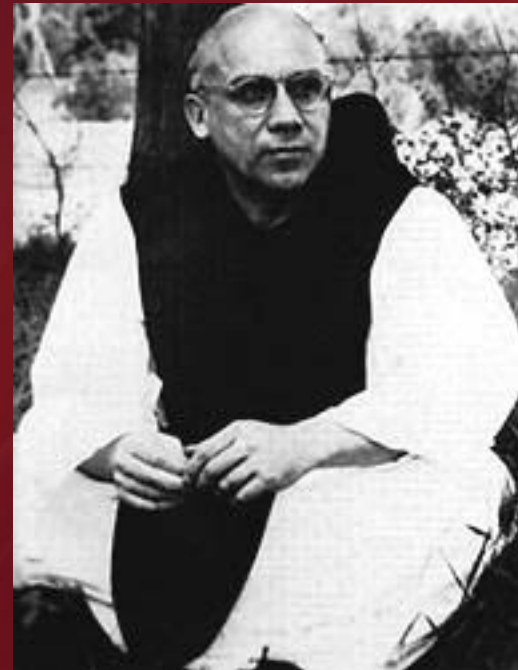


**“Loneliness is
inner emptiness -
Solitude is inner
fulfillment.”**

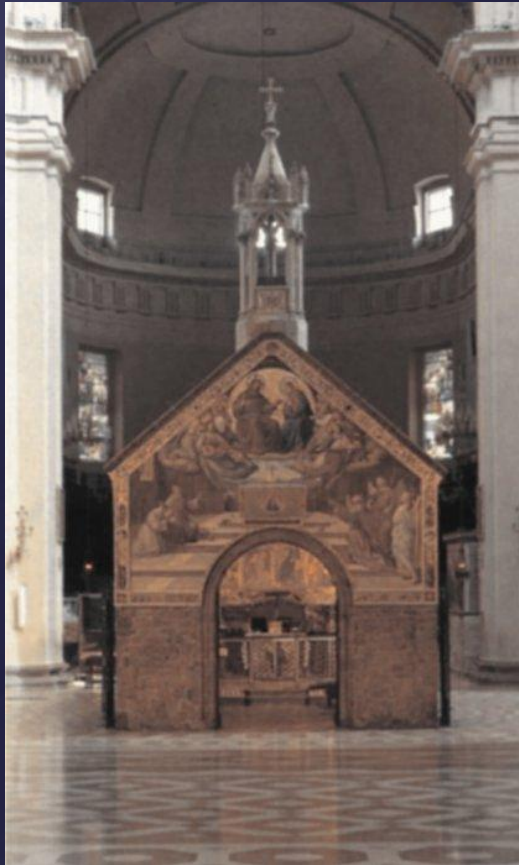
The Twin Discipline of Solitude and Silence

“It is in deep solitude that I find the gentleness with which I can truly love my brothers. The more solitary I am the more affection I have for them.... Solitude and silence teach me to love my brothers for what they are, not for what they say. “

- Thomas Merton



The Promise of Christian Meditation



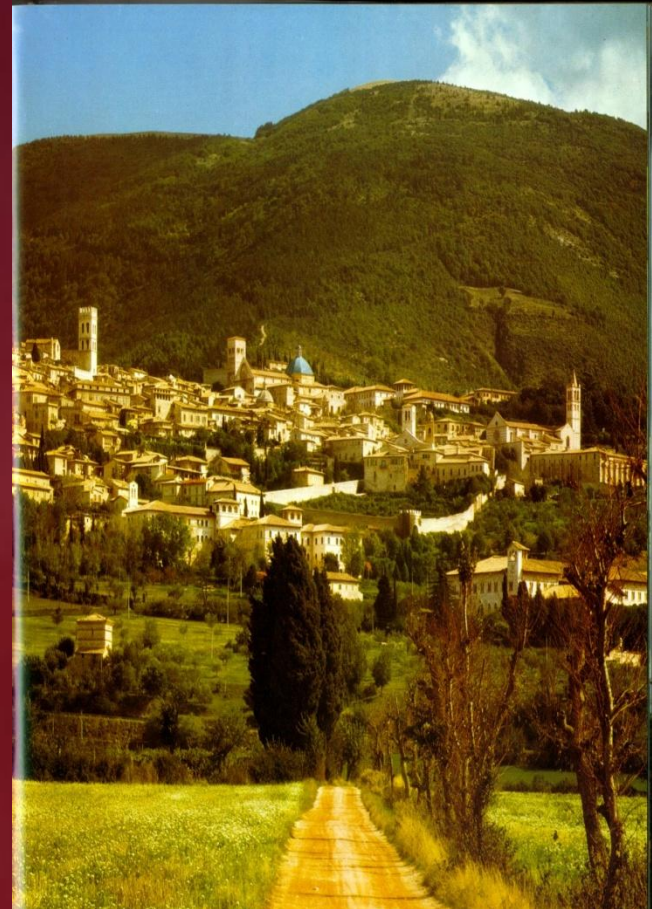
“My life shall be a
real life, being
wholly full of
Thee.”

- Augustine of Hippo

The Invitation to come Home

“...today the heart of God is an open wound of love. He aches over our distance and preoccupation. He mourns that we do not draw near to Him. He grieves that we have forgotten Him. He weeps over our obsession with muchness and manyness. He longs for our presence. And He is inviting you – and me – to come home, to come home where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in.”

– Richard Foster



The Invitation to come Home



Our Eden is the heart of Christ

Let grace come, Jesus.

Your Name is on my heart.

Your Holy Name is on the tower of my
heart.

Let grace come and let this world pass
away,

Jesus, You Who are living in my
exhausted heart.

- Thomas Merton



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Please click here to fill out a brief survey:

http://www.surveymonkey.com/s.aspx?sm=5a1bCYDx7mH_2fB3RQHnTkMg_3d_3d

Habits of the Heart #4 – Silence and Solitude

Please give us your [feedback](#).