

# Prayer, Meditation and the Word of God

Joshua 1:8

*This book of the law shall not depart from your mouth,  
but you shall meditate on it day and night,  
so that you may be careful to do according to all that is written in it;  
for then you will make your way prosperous, and then you will have success.*

## **The Daily Quiet Time Alone With God:**

The Daily Quiet Time Alone With God was never intended to be a mystic discipline of Quietism, Asceticism and Transcendental Passivity. The term Quiet Time always referred to finding a secluded place where you might, in an uninterrupted manner, spend quality time with God. Not time in some mystic stupor but rather an active time of both worship and listening to God through His Word for the purpose of knowing Him, glorifying Him and obeying Him.

To find a quiet place to spend with your fiancé or spouse has a similar meaning. You can imagine the shock of your fiancé or spouse were you to say, "Sweetheart, I have taken the morning off, lets get away to some quiet place and spend time together." Only to realize that you meant, rather than talking with one another and expressing your love for one another, rather, emptying your mind and gazing into straight ahead in mystical communion. Imagine if you met her with this statement, "We only have 30 minutes together, lets not say a word, lets just think, no better yet, lets just empty our minds or all thoughts and see what comes into them!" I dare say that your intended would begin to seriously question what kind of relationship she was getting into. As for your wife, she would take you straight to the marriage counselor before things could get any worse.

This seems obvious to us when thinking about our relationship with another human being, but it is amazing to me how many times I hear something like the above expressed as a way of having personal Quiet Time Alone With God. The following devotionals are meant to help you down the correct path of your Daily Quiet Time Alone With God through the meditation upon His teachings on this subject, that your discipline might conform to God and not man.

## **Meditation and the Error of Eastern Spiritism:**

One of the great errors of prayer in the modern age is to return to eastern quietism, mysticism and asceticism that so plagued the church during the dark ages of Christianity. It was with the Reformation of the church and its return to the authority of the Scripture, God's revelation to man, that the shackles of these practices was cast off. During the Dark Ages of Christianity dependence upon and guidance by the holy, eternal, inerrant, written Word of God was lost. Instead men gave themselves over to the deluding spirits which lead them into all sorts of error. Rather than focusing upon and meditating upon the Word of God men emptied their mind that God might "speak" to them without any true attempt to discern between the Words of the Holy Spirit (The Holy Scripture) and the words of any demonic spirit under whose influence they might come as they indulged in ascetic practices of sleep deprivation, food deprivation and other harsh treatment of the body. Because of this tragic return to the errors of the past and the practice of the church of once again confusing Spiritism with Spirituality it is important to first speak to the errors of the day and then to the true practice of Meditating and the Word of God.

## **Quietism: The cessation of verbal communication with both man and God in any form.**

***Psalms 100:1 "Shout joyfully to the LORD, all the earth"***

It is in eastern pagan religions that we find the glorification of nothingness. For the Buddhist, for the Hindu, for the Spiritist is to sit for long hours in the contemplation of nothing. This is about as far from the Biblical teaching. The much abused passage from **Psalms 46:10** which is so often quoted, "***be still and know that I am God***" is not speaking of quietism but rather of submission to the authority of God. It is more accurately translated in modern versions "***Cease striving and know that I am God ; I will be exalted among the nations, I will be exalted in the earth.***" The stillness is not a personal mystical discipline but rather a cessation of striving against God's sovereignty by the nations who are in an uproar. All "stillness" as taught in the Word has to do with listening to God through mediations of His Word and not a false spirituality gained through quietism and stillness. It has to do with being quiet as another speaks, in this case God who speaks through His holy Word. There is no need to atone God through acts of attrition to make Him favorably

disposed to us. Christ accomplished that on the cross. It is my observation that for the most part those who advocate the 2 disciplines of quietism do so for two reasons...

First, their liberal theology has lead them away from a mediation upon the Word of God and into mysticism. Thus they teach a quietism that is far less threatening to them than mediation upon the Word of God which judges the thoughts and intentions of men's hearts. (**Hebrews 4:12**). My wife Eleanor remembers well a youth retreat she went on as a young teenager in a liberal mainstream denomination. The sponsor gave an evening talk on quietism and then urged the students to take a "vow of silence" and not speak till the morning. She was faithfully avoiding all talk and seeking to walk about the retreat center thinking spiritual thoughts as best she could when she stumbled upon one of the lounges. There the pastor and the adult sponsors were all laughing, talking, smoking and interacting. The Word of God knows nothing of quietism, vows of salience nor spiritual heights attained through silence. The Word of God knows nothing of revelation attained through silence. We are to be silent only in the sense that we stop talking while we meditate on God's Word (e.g. He does the talking), as opposed to the cessation of all communication as a spiritual discipline. This latter is alien to the Scriptures.

Secondly for some quietism is simply an opportunity to exalt and glorify their personality type. People of a natural introverted and melancholic temperament take great joy in exalting a trait to spirituality thus freeing them to live in their comfort zone. I can remember a mission team meeting with a large para-church organization on which I was serving as a consultant. One of the senior executives, himself an introvert, gave a strong talk on quietism. In fact he universalized the discipline to include all aspects of life. I raised my hand, commented that he obviously viewed quietism as a virtue and asked if he viewed being talkative and loud as a virtue as well. He did not hesitate express a strong negative. This in the face of an abundance of Scripture dealing with loud worship, loud praise, loud fellowship and the loud teaching and preaching of God's Word.

**Mysticism:** The revelation of God and/or God's will through a spiritist experience as opposed to the written Word of God.

*Deuteronomy 30:11-14 "For this commandment which I command you today is not too difficult for you, nor is it out of reach. It is not in heaven, that you should say, 'Who will go up to heaven for us to get it for us and make us hear it, that we may observe it?' Nor is it beyond the sea, that you should say, 'Who will cross the sea for us to get it for us and make us hear it, that we may observe it?' But the word is very near you, in your mouth and in your heart, that you may observe it."*

For the mystic Christian the discipline of meditation always entails a period of contemplation whereby one empties ones mind of all thoughts and waits for God to fill his mind with impressions or actual words concerning who God is or the will of God. God's Word knows nothing of this emptying. In fact just the opposite is true. Biblical mediation is always Word centered. The exhortations for meditation are never the eastern mystical exercises in emptying of ones self but rather in filling ones thoughts with the Word of God for the purpose of worship and obedience. For the Christian the will of God is centered upon the Word of God. For the Christian the revelation of God is centered upon the Word of God. When one empties his mind he knows not what spirit may enter in and give an impression. Not so with God's written Word. You may not know the difference between the sound of the voice of God and satan. You may not know the difference between the "impression" of an angel or demon. You certainly do know the difference between the Bible, the Book of Mormon and the Koran. There are no secrets of the Christian life to be gained from mystical encounters with God apart from the Word of God. All that can be known is clearly given. God the Holy Spirit assures us of this in **Deuteronomy 29:29** states clearly *"The secret things belong to the LORD our God, but the things revealed belong to us and to our sons forever, that we may observe all the words of this law."* The Christian has no need of mystical revelation to know God and to know His will, all the Christian need do is open the Bible. As Christians we reject all forms of mysticism which result in the revelation of God and His will outside the Word of God. The Word of God knows of no meditation apart from that which is centered upon the contemplation of the written Word of God that we might know, worship and obey our Lord.

**Asceticism:** Drawing close to God, gaining victory over an entangling sin or attaining an answer to a hereto unanswered prayer through the harsh treatment of the body.

*Colossians 2:23 "These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence."*

For the Ascetic, severe treatment of the body is a spiritual tool. It is of value in achieving a closer relationship with God 3 through the debasement of the fallen flesh. It is also a tool for gaining victory over entangling sins through the debasement of the mortal body, thus enabling the spiritual body to take control. Last but not least it is a sacrifice to God worthy of a prayer being answered which has hitherto been ignored by God. Do you want a deeper relationship with God the engage in fasting and sleep deprivation; spend hours on your knees and other painful prayer postures. You will by debasing the flesh gain new revelations of God. Are you struggling with a specific entangling sin? Again, engage in fasting and sleep deprivation; spend hours on your knees and other painful prayer postures. You will debase your flesh and allow the Holy Spirit to gain the upper hand, ensuring victory over sin. Is there some great prayer you have long put before God, yet it has gone unanswered, by all means, engage in fasting and sleep deprivation; spend hours on your knees and other painful prayer postures. It is through this suffering that you can prove to God the earnestness of your desire and gain not only a hearing but an affirmative answer.

God's holy Word knows nothing of this approach in prayer and meditation. In fact just the opposite is true. God's Word teaches in Hebrews 10:18, ***"Now where there is forgiveness of these things, there is no longer any offering for sin."*** There is no place in prayer for suffering as an offering to God. God's Word teaches in **Colossians 2:23** ***"These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence."*** that disciplines that result in the harsh treatment of the body are of no value in combating fleshly indulgence. God's Word teaches in Hebrews 4:16 that we may "...draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need." That the sacrifice of Christ on the cross is all the sacrifice needed to know God and obtain grace and mercy. We have the sacrifice of Christ, we have the indwelling work of the Holy Spirit, we have the revealed written Word of God, we need no ascetic practices to improve on these. Are you fasting and feeling weak, faint or ill – you may stop immediately and eat and drink. You have not broken the spell. Are you spending the night and prayer and suddenly you feel light headed, weak and even nauseous – you may stop and immediately go to bed. You have not broken the spell. Are you praying on your knees or lifting your arms in prayer and your limbs begin to ache and hurt – you may immediately change your posture to one that is more comfortable – you have not broken the spell. The Biblical practice of meditation knows of no ascetic pursuits which draw us closer to God, give us victory over sin nor assure us answered prayer. In each of these areas it is the work of Christ on the Cross, the indwelling Holy Spirit and the Word of God which assures us of a close relationship with God, victory over sin and answered prayer. Biblical meditation begins and ends with the written Word of God and there is no place of superstitious practices of asceticism.

### **Transcendental Passivity: Spiritual enlightenment or attainment through inactivity**

***Joshua 1:8 "...you shall meditate on it day and night, so that you may be careful to do according to all that is written in it..."***

Biblical meditation knows of no meditation apart from the Word of God and it knows of no response to this meditation other than one of action. Meditation upon the Word is not simply to gain knowledge of God but that we should respond to this knowledge in worship. Meditation upon the Word is not simply to know God's will for man but rather that man might bring glory to God and express his love for God in obedience to the Word of God upon which he meditates. Biblical meditation is inseparable from Biblical action on the part of the believer. Unlike eastern mysticism, Biblical meditation is the beginning, not the end. The Word of God rejects transcendental passivity whereby through quietism, through mysticism and through asceticism a new level of spirituality is attained.

## **Biblical Meditation - God's Plan As Revealed In His Holy, Eternal, Inerrant, Written Word:**

Biblical meditation is simple and straightforward. It is...

1. **Christ Centered:** 1 Timothy 2:5 *“For there is one God, and one mediator also between God and men, the man Christ Jesus,”*. We come to God in the name of Christ asking Him to open His Word to us that we might know Him, that we might worship Him, that we might obey Him and by so doing glorify Him with our lives.
2. **Word Centered:** Psalms 119:48 *“And I shall lift up my hands to Your commandments, Which I love; And I will meditate on Your statutes.”* We meditate upon God's holy, eternal, inspired, inerrant, written Word. Meditation is just that, listening to God and thinking deeply about what He is saying to us. We have God's Word – we have but to meditate upon it, to listen carefully to what the Bible says and think deeply about this as it pertains to us.
3. **Worship Centered:** Psalms 104:33-34 *“I will sing to the LORD as long as I live; I will sing praise to my God while I have my being. Let my meditation be pleasing to Him; As for me, I shall be glad in the LORD.”* A natural result of meditation upon God's Word will be worship. As we, through the holy, eternal, inspired, inerrant written Word of God come to know God and come to understand His will a natural response will be to worship Him. In direct contrast to mysticism, quietism and asceticism – this worship is joyous, it is vocal, it is enjoyable and it is most certainly a great blessing to us.
4. **Obedience Centered:** Joshua 1:8 *“...you shall meditate on it day and night, so that you may be careful to do according to all that is written in it...”* A universal question that all those practicing Biblical meditation upon the Word of God will at some point ask is, “How may I be careful to do all that is written in the passage upon which I am meditating this day?”

Some of these thoughts may be new to you. You may have found that you have either slipped into or been schooled in quietism, mysticism, asceticism or passivity when it comes to Biblical meditation. The enclosed passages for meditation along with the formatted sheets are provided to aid you as you begin the life long discipline of daily meditations upon the Word of God. Meditations which are Christ centered, Word centered, worship centered and result in the obedience, *“that you may be careful to do according to all that is written in it”*.

## QUIET TIMES ALONE WITH GOD

*JEREMIAH 15:16*

**THEME: Meditation: Centered On Filling The Mind With God's Word vs. Emptying It**

**TOPIC & PASSAGES FOR MEDITATION:** Joshua 1:8

How does this passage link meditation and the Word of God?

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION:** Psalm 1:1-6

How does this passage link meditation and the Word of God?

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION:** Psalm 19:7 – 14

How does this passage link meditation and the Word of God?

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**THEME: Meditation: Centered On Filling The Mind With God's Word vs. Emptying It**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:9 – 16**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:17 - 24**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:25 – 27**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**THEME: Meditation: Centered On Filling The Mind With God's Word vs. Emptying It**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:41 – 48**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:73 - 80**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:97 & 98**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**THEME: Meditation: Centered On Filling The Mind With God's Word vs. Emptying It**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:99 – 105**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 119:145 - 152**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**

**TOPIC & PASSAGES FOR MEDITATION: Joshua 1:8**

**How does this passage link meditation and the Word of God?**

**Rather than empty our minds, what is the command of God?**

**In applying this passage (a) What is meditation (b) What is the goal of meditation**



**THEME: Expressing Devotion To God: Active Obedience or Passive Mysticism**

**TOPIC & PASSAGES FOR MEDITATION: Joshua 1:8**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Exodus 20:6; Deuteronomy 5:10**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Deuteronomy 11:1 & 22**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**THEME: Expressing Devotion To God: Active Obedience or Passive Mysticism**

**TOPIC & PASSAGES FOR MEDITATION: Deuteronomy 30:16**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Joshua 22:1 - 6**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: John 14:15**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**THEME: Expressing Devotion To God: Active Obedience or Passive Mysticism**

**TOPIC & PASSAGES FOR MEDITATION: John 14:21**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: John 14:23 & 24**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: II Corinthians 5:14 & 15**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**THEME: Expressing Devotion To God: Active Obedience or Passive Mysticism**

**TOPIC & PASSAGES FOR MEDITATION: Ephesians 2:8 - 10**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: James 1:22 - 25**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: I John 2:1 – 6**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**THEME: Expressing Devotion To God: Active Obedience or Passive Mysticism**

**TOPIC & PASSAGES FOR MEDITATION: I John 3:16 – 18**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: I John 4:20 & 21**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: I John 5:1 - 3**

**How Does This Passage Present Active Obedience Over Passive Mystic Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**QUIET TIMES ALONE WITH GOD**  
***JEREMIAH 15:16***  
**THEME: Enjoyment of Life vs. Asceticism**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 21:1 – 4**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 59:15 & 16**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 63:1 – 7**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

# QUIET TIMES ALONE WITH GOD

*JEREMIAH 15:16*

**THEME:** Enjoyment of Life vs. Asceticism

**TOPIC & PASSAGES FOR MEDITATION:** Psalm 103:1 – 5

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION:** Psalm 107:19 – 22

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION:** Psalm 118:15

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**QUIET TIMES ALONE WITH GOD**  
***JEREMIAH 15:16***  
**THEME: Enjoyment of Life vs. Asceticism**

**TOPIC & PASSAGES FOR MEDITATION: Psalm 4:1 - 4**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Proverbs 3:24; Psalm 127:1 - 5**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Ecclesiastes 2:24 & 25**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**



**QUIET TIMES ALONE WITH GOD**  
**JEREMIAH 15:16**  
**THEME: Enjoyment of Life vs. Asceticism**

**TOPIC & PASSAGES FOR MEDITATION: Ecclesiastes 3:12 & 13**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Ecclesiastes 5:18 & 18**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Ecclesiastes 9:7 – 9; Proverbs 5:15 – 19**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**QUIET TIMES ALONE WITH GOD**  
***JEREMIAH 15:16***  
**THEME: Enjoyment of Life vs. Asceticism**

**TOPIC & PASSAGES FOR MEDITATION: Matthew 11:29 - 30**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Mark 7:14 – 23**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Romans 14:2 & 3; I Corinthians 8:8**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

# QUIET TIMES ALONE WITH GOD

*JEREMIAH 15:16*

**THEME: THEME: Enjoyment of Life vs. Asceticism**

## **TOPIC & PASSAGES FOR MEDITATION: Colossians 2:16 – 19**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

## **TOPIC & PASSAGES FOR MEDITATION: Colossians 2:20 - 23**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

## **TOPIC & PASSAGES FOR MEDITATION: I Timothy 4:1 - 5**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**QUIET TIMES ALONE WITH GOD**  
***JEREMIAH 15:16***  
**THEME: Enjoyment of Life vs. Asceticism**

**TOPIC & PASSAGES FOR MEDITATION: I Timothy 6:17**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Hebrews 10:18**

**How does this passage relate to the theme?**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**

**TOPIC & PASSAGES FOR MEDITATION: Hebrews 13:7 -9**

**How does this passage relate to the theme? Communion**

**When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:**

**How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?**