

## Celebration of Discipline 2: MEDITATION

1. **REMEMBERING** What's your response (intellectual, emotional, physical) when you hear the word *meditation*?
2. **REFLECTING** What experiences or lack thereof might that response be rooted in?
3. **DISCOVERING** Read the following from Quaker philosopher Thomas Kelly, *Testament of Devotion*.
  - What do you think Kelly is prescribing and what are his reasons for doing so? (You may look at Pss 48:9; 119:27, 97; 143:5 and ask the same question.)

*Deep within us all there is an amazing inner sanctuary of the soul, a holy place, a Divine Center, a speaking Voice, to which we may continuously return. Eternity is at our hearts, pressing upon our time-torn lives, warming us with intimations of an astounding destiny, calling us home unto Itself....*

*Let us explore together the secret of a deeper devotion, a more subterranean sanctuary of the soul.... What is here urged are internal practices and habits of the mind..., secret habits of unceasing orientation of the deeps of our being about the Inward Light, ways of conducting our inward life so that we are perpetually bowed in worship while we are also very busy in the world of daily affairs....*

*There is a way of ordering our mental life on more than one level at once. On one level we may be thinking, discussing, seeing, calculating, meeting all the demands of external affairs. But deep within, behind the scenes, at a profounder level, we may also be in prayer and adoration, song and worship and a gentle receptiveness to divine breathings.*

- From Kelly's writing and what you know of Scripture, what do you imagine might be some benefits of meditation? (Look at Psalm 1:1-3 if you need help.)
4. **CONNECTING** Can you identify times in the coming week when you'd be able to visit the inner sanctuary to encounter the Living Word? When are they and where will you be?
  5. **RESPONDING** We encourage you to choose one or several of these times and experiment with the practice of meditating on the written Word. You might also think of someone you'd be willing to describe your experience to as the week progresses.

Pray supportively for your upcoming experiments and encounters with the Living Word.

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**Meditation is simply the art of thinking steadily and methodically about spiritual things.**

- Evelyn Underhill, *Devotional Classics*