

Meeting Place with Jesus
Prayer class, 2/20/2022

Ideas throughout scripture and spiritual disciplines

Psalms 46:10-“Be still (silent) and know that I am God!”

Meditative, contemplative- quieting your spirit amidst all the “noise” of life, being present with God and using all your “senses”: hearing, sight, touch, smell, even taste

Prayer of protection- not everything we hear or think is from God.

“By the authority of almighty God I surround myself with the light of Christ, I cover myself with the blood of Christ, and I seal myself with the cross of Christ. All dark and evil spirits must now leave. No influence is allowed to come near to me but that it is first filtered through the light of Jesus Christ, in whose name I pray. Amen.” Richard Foster, Prayer, Harper Collins, 1992, page 157.

Physical meeting places with God as recorded in scripture:

- 1) Adam and Eve - Garden of Eden. Genesis 2:8-10
- 2) Moses- Exodus 19:16-20
- 3) Elijah- 1Kings 19:1-9a
1Kings 19:9b-13
- 4) Daniel -Daniel 6:10, 11
- 5) Jesus- Matthew 14:13
- 6) John: John 13: 22-25
- 7) Paul and Silas Acts 16: 22-26
- 8) Mary Luke 10:38-42

Imaginative: David Psalms 23:2-3

Physical space tips:

Comfortable

Quiet

Free from distractions

Music?

Designated prayer space/ closet?

Walking

“Come to the garden alone”

Start with short times

Exercise:

Quiet yourself body and spirit. Release the tension from your body physically as much as possible

Concentrate on your breathing: spontaneous or counting your breath
If distractions come, just let them float away

Palms up, palms down.

“Sit comfortably with both feet on the floor and your hands on your lap. Breathe deeply and relax. Intentionally place yourself in the presence of Jesus”. For this exercise, pick a place in your mind. (one we have talked about, or one that comes to your mind) ie, mountain, pasture, water, other

“Turn your palms down, and begin to drop your cares, worries, agendas, and expectations into Jesus hands. Let go of all that is heavy or burdensome. Relax. Breathe deeply.” Acknowledge your feelings, emotions, impatience but don’t dwell on them.

“When you have given your cares to Jesus, turn your palms up on your knees. Open your hands to receive Gods presence, word, and love. Listen”. Adele Ahlberg Calhoun, Spiritual Disciplines Handbook, IVP books, 2005, page 50.

Imagine the place you have in your mind: imagine sounds, smells, sights, taste, touch.

Start to adore God -“ to adore God in truth is to recognize Him for what He is and ourselves for what we are”.

The Practice of the Presence of God, Brother Lawrence (1600s monk), Whitaker House, 1982, page 64

Psalms 89:1-2, 5-18, 52

Some phrases to consider:

“Lord, I am all yours”, “God of love, I love you with all my heart”, “Lord, use me according to your will” Brother Lawrence, page 70

Consider Psalms 23:2 (He makes me lie down in green pastures):

“Lord, I rest in you

Lord, restore my body with sleep

Lord, I look forward to rest when I’m done with my work

Lord, I need you.”

“ Lord, I still have old inclinations about straying.

The world attracts me and my flesh stirs up wrong desires.

Keep me close to you.

Lord, there have been times when I wandered instead of lying near you in fellowship.

Lord, thank you for seeking me when I went astray.

Thank you for forgiving me.

Thank you for keeping me near to you.”

(Praying the 23rd Psalm. Elmer L. Towns, Regal, 2001, pages 35, 36)

Let God speak to you, or sit quietly and enjoy His presence.

Suggested app: “Encounter”

