

## Mosaic Teaching Guide

28 February 2010, The Second Sunday in Lent

Teaching Series: The Lenten Way

Teaching Two: *Meditation and Prayer*—The Way of the Heart

Question: What is your favorite winter Olympic event?

### My First Prayers

“Now I lay me down to sleep I pray the Lord my soul to keep if I should die before I wake I pray the Lord my soul to take.”

Prayer was a bit like a jazz solo in that you made it up as went along.

### The Lenten Way

During the Sundays in Lent we are going to draw water from the deep well of Christian practices that have helped our ancestors live in the way of Jesus for centuries.

The primary motive for Christian prayer is relational vitality.

### The Centrality and Necessity of Prayer

Living in the way of Jesus requires prayer. You cannot know the God revealed in Christ and not want pray.

### Prayer in the Way of Jesus

Jesus learned to pray in the school of the Psalms.

Like any pious Hebrew, Jesus would have immersed himself in the language of the psalms through the discipline of meditation.

*“Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night”*

(Ps.1.1,2).

Meditation is to chew on Scripture.

Meditation is ruminating on Scripture.

To practice meditation is to learn to listen to God in our Holy Scriptures.

## ***Lectio Divina***

*Lectio Divina* is a fourfold approach to reading scripture in such a way so as to listen and hear the voice of God speak into our lives.

***Lectio***—Reading: We are not reading to gain information. We are not reading for entertainment. We are reading to hear.

***Meditatio***—Meditation—Thinking: We reflect. We ruminate. We consider. We think deeply. We listen.

***Oratio***—Prayer: As we move slowly, ever slowly, from reading to meditation we begin to respond. We begin to pray.

***Contemplatio***—Contemplation—Living: After our time of *lectio* we move into our day with that word or phrase in our hearts and our lips. Throughout the day we consider it's bearing on our daily living.

*“I have come to believe that true mystics of the quotidian are not those who contemplate holiness in isolation, reaching godlike illumination in serene silence, but those who manage to find God in a life filled with noise, the demands of other people and relentless daily duties that can consume the self. They may be young parents juggling child-rearing and making a living . . . . If they are wise, they treasure the rare moments of solitude and silence that come their way, and use them not to escape, to distract themselves with television and the like. Instead, they listen for a sign of God's presence and they open their hearts toward prayer” (Quotidian Mysteries, Kathleen Norris).*

Read, Think, Pray Live, this is fourfold way of *lectio divina*, not just for mystics and monks but for everyone who wants to follow the way of Jesus.