

the Venues

Go Deep

Conscious Contact

Meditation: Demonic or Divine?

Steps 11

4.5.2020

How do you answer the question posed in the title? What has been your experience with meditation?

Bill Wilson introduces meditation in Step 11: *“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”*

Of these two approaches to prayer, which one describes the one you have been taught? The one you practice?

1. *Transactional* - a business deal, an exchange. The “Let’s Make a Deal” approach to God. I ask God in the right way and God delivers.
2. *Transformational*: To get an understanding of “transform” read Galatians 4:19 and 2 Corinthians 3:18 and notice the word “transform” in each verse. It is the Greek word “morphe”.

Based on the above Scripture, into what are we to “morph” or “transform”?

The goal of contemplative prayer is transformation.

“Contemplate” means “the act of looking at” “to gaze attentively” “to mark out a space for observation.”

In meditation (contemplation) we look at two things.

1. Our patterns of thoughts and feelings.

What does it mean to observe our thoughts and feelings then let them go?

What do you think about this statement? “You are not your thoughts. You are an observer of your thoughts”?

What light does 2 Corinthians 10:5 shine on the principle that “You are not your thoughts”?

What thoughts/feelings do you need to observe and let go?

2. God. Read 2 Corinthians 3:18 again.

What is the connection between “reflection” and “transformation”?

How does what we see influence what we do?

How does that principle help us to understand contemplation?

For a more comprehensive look at Contemplative Prayer and a “how to” check out Contemplative Outreach:
https://www.contemplativeoutreach.org/sites/default/files/private/method_cp_eng-2016-06_0.pdf