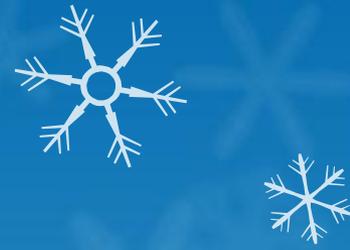


SANCTUARY OF THE SOUL

Laying the Foundation Part 1



SANCTUARY OF THE SOUL

Based on the book:

*Sanctuary of the Soul: Journey into
Meditative Prayer by Richard Foster,
InterVarsity Press, 2011.*



Opening Music for Meditation

- <https://www.youtube.com/watch?v=00czt28tLZ0>



Origins of Meditative Prayer

- ❖ Begins with God's desire to be in relationship with each human being
- ❖ History of the relationship is told in the Bible
 - ❖ Story demonstrates God's continued quest for a relationship with his people, despite repeated rejection
 - ❖ Under leadership of Moses, people preferred Moses as intercessor to a more immediate relationship with God (Ex 20:19)
 - ❖ Under leadership of Samuel, people rejected God as their king and preferred a king like the other nations (1 Sam 8:7)

New Testament Relationship with God

- ❖ Often we prefer to out-source our relationship with God to professionals, like priests and pastors
- ❖ Jesus demonstrated what a human life lived in full relationship to God would look like
- ❖ In Acts, Jesus is portrayed as the “ prophet like Moses”
 - ❖ Acts 3:22; 7:37

Meditation in the Bible

- ❖ 2 Hebrew words are translated as meditate in the Old Testament
 - ❖ *Hagah*
 - ❖ Means to moan, growl, utter, speak, muse
 - ❖ Ps. 1:2; 63:7
 - ❖ *Siach*
 - ❖ Means to muse, complain, meditate upon, study
 - ❖ Ps. 119:15; 119:48
- ❖ Elijah's experience in the cave at Mount Horeb is the epitome of meditative prayer (1 Kings 18 & 19)
 - ❖ God comes in "a sound of sheer silence" (1 Kings 19:12)

Developing a Relationship with Jesus through prayer

- ❖ *To pray is to descend with the mind into the heart, and there to stand before the face of the Lord, ever-present, all seeing, within you.* Theophan the Recluse
- ❖ In developing our prayer life, we will begin to experience the omnipresence of God on a daily basis
 - ❖ Our relationship will take the shape of a lived reality
- ❖ *In meditative prayer we are creating the emotional and spiritual space that allows God to construct an inner sanctuary in the heart.* (p. 26)
- ❖ With Christ as the cornerstone, we become a dwelling place for God (Eph 2:21-22)
 - ❖ See also 1 Cor 3:16

Our Spiritual Formation

- ❖ Spiritual formation is heart work
- ❖ Transformation of the human heart is God's work
- ❖ Why is transformation required?
 - ❖ Human heart is chaotic mix of emotions
- ❖ *Only God can purify the motives of the heart.* (p. 28)
- ❖ God does not do transformation unless invited to do so

Heart Transformation

- ❖ In transformation, we begin to “turn to the light of Jesus”
 - ❖ We are born from above as the Gospel of John describes it
- ❖ Being formed from above is a difficult process that requires prayer
- ❖ Aspects of this continuous transformation
 - ❖ Asking God to change our hearts
 - ❖ Listening like Elijah
 - ❖ Obeying Christ in all things

A Heart Transformed

- ❖ End result is serenity and a life that is directed towards God
- ❖ Our daily prayer becomes the practice of the presence of God
- ❖ Our ordinary activities of life begin to reflect the heaven-ward orientation of our life
- ❖ A transformed heart begins to be filled with the gifts of the Spirit
 - ❖ Love
 - ❖ Joy
 - ❖ Peace
 - ❖ Patience
 - ❖ Kindness
 - ❖ Goodness
 - ❖ Faithfulness
 - ❖ Gentleness
 - ❖ Self-control

