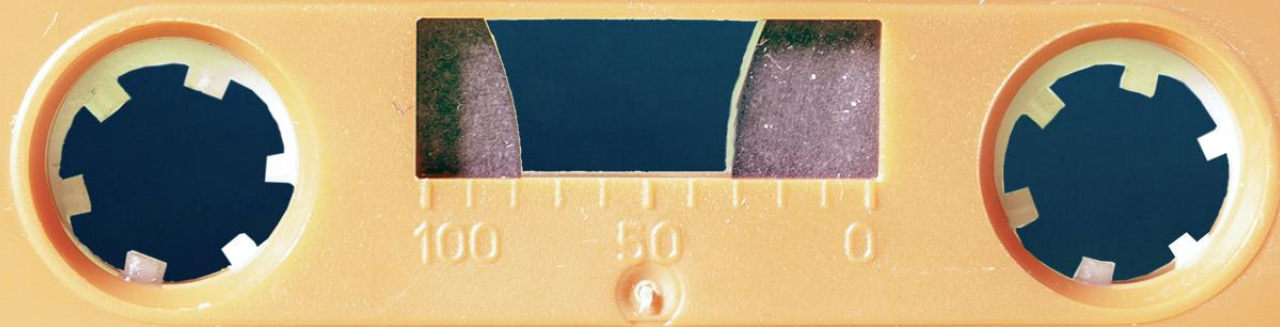


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JOIN THE CREW

VBS needs your help!

July 27-31, 2020

9 am — noon Daily

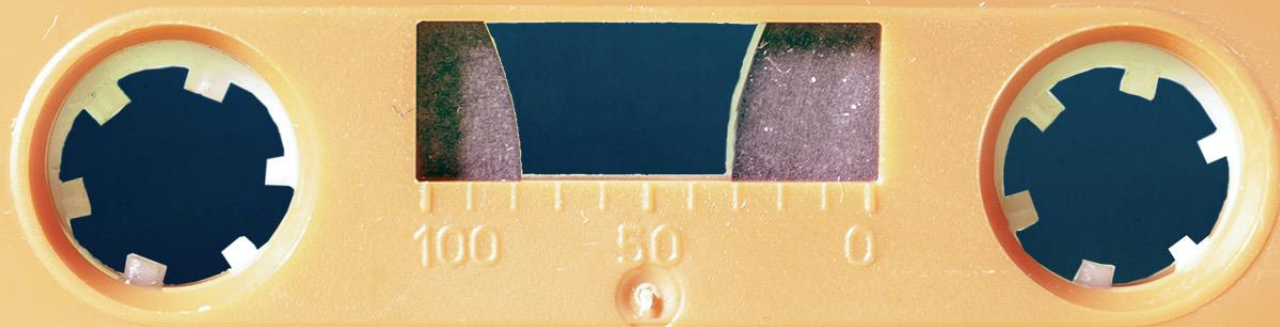
Sign up: brandywine.church/vbs-volunteer





LOVE YOUR NEIGHBOR
BRANDYWINE.CHURCH/LOVENEIGHBOR

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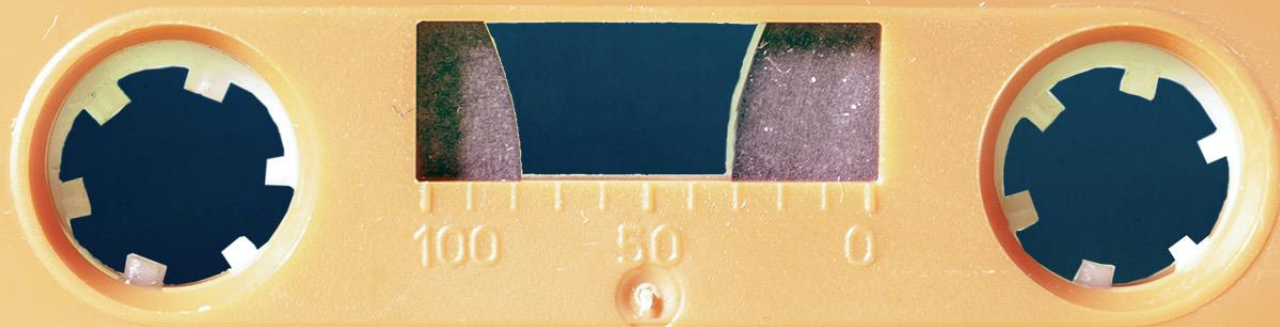
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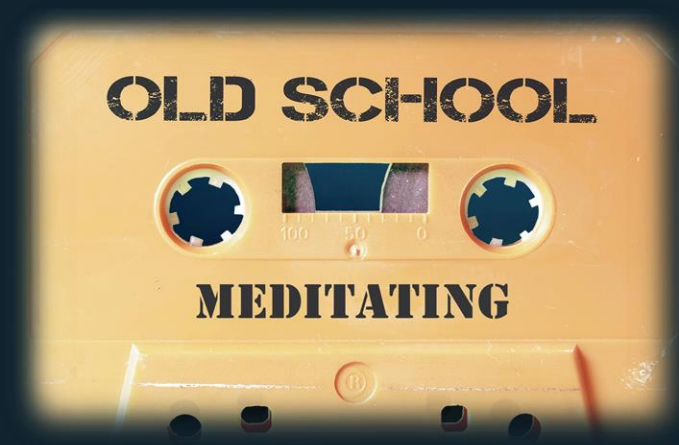


MEDITATION:

The Promise
The Purpose
The Practice



The PROMISE of Meditation



The PROMISE

“Blessed”



“Blessed”
the gracious **FAVOR** of God is
toward us

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MEDITATING

The **PROMISE:** BLESSED

*v.2 whose delight is in the law of
the Lord, and who **MEDITATES** on his
law day and night.*



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The Promise

STABILITY

*v.3a That person is like a
tree planted by streams of
water.*



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The Promise

FLOURISHING

*v.3b which yields its fruit in season
and whose leaf does not wither.
Whatever they do prospers.*



The PURPOSE of Meditation





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MEDITATING

BIBLICAL MEDITATION

Not **EMPTYING** the Mind
But **FILLING** the mind and heart
with the things of God.







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MEDITATION:

Whispering God's Word
to your heart.

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MEDITATING

The PURPOSE

#1 To Apply God's Word
to your Deepest Doubts,
Discouragements and
Decisions.

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Psalm 43

*5 Why, my soul, are you
downcast? Why so disturbed
within me? Put your hope in God,
for I will yet praise him, my
Savior and my God.*

A vintage yellow cassette player with a black cassette tape inserted. The words "OLD SCHOOL" are printed in black at the top, and "MEDITATING" is printed in black below the tape. The cassette tape has "100 50 0" printed on it. The player has two circular buttons on the sides and a red power button at the bottom.

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The PURPOSE

#2 To Stir Your Desires for God
over your Desires for the
World.

Psalm 1:1-2

¹who does not **WALK** in step with the wicked or **STAND** in the way that sinners take or **SIT** in the company of mockers,
² but whose **DELIGHT** is in the law of the Lord, and who meditates on his law day and night.



“Your religion is what you
do with your solitude.”

-Arch Bishop William Temple

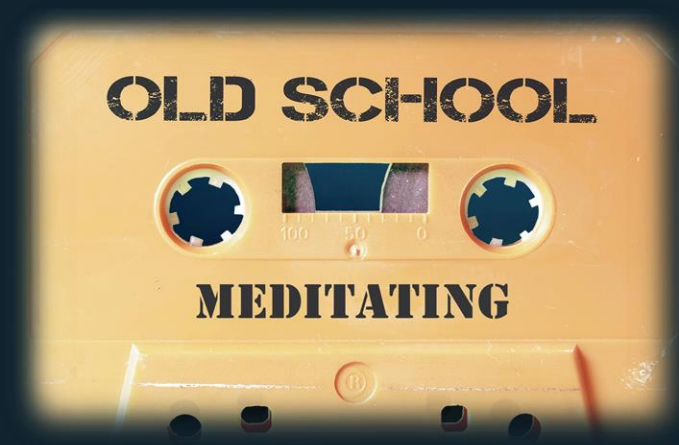
“Meditation is your way of making the Bible into a burning bush. Where God is speaking to you and you are amazed and you take off your shoes and your feet hit the dirt.”

-Tim Keller

“If we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak. We are half-hearted creatures,”

“fooling about with drink and sex and ambition when **infinite joy** is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. **We are far too easily pleased.**”

-C.S. Lewis



The PRACTICE of Meditation



The PRACTICE of Meditation

v.2 Day and Night= Disciplined



The PRACTICE of Meditation

v.2 Day and Night= Slowly





Tools For Meditation

- The Bible, A Pen and Paper



Desiringgod.org/labs

Future Grace Power
1 CORINTHIANS 15:9-10



For I am the least of the apostles, unworthy to be called an apostle, because I persecuted the church of God.

¹ But by the grace of God I am what I am, and ² his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the ³ grace of God that is with me.

grace does not replace work but empowers it

Desiringgod.org/labs



Tools For Meditation

- The Bible, A Pen and Paper
- “Look at the Book”
- Worship Music

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Spiritual Disciplines for the Christian Life

Donald S. Whitney

SPIRITUAL
DISCIPLINES
FOR THE
CHRISTIAN
L · I · F · E

DONALD S. WHITNEY
FOREWORD BY J. I. PACKER



Monday 10 A.M.

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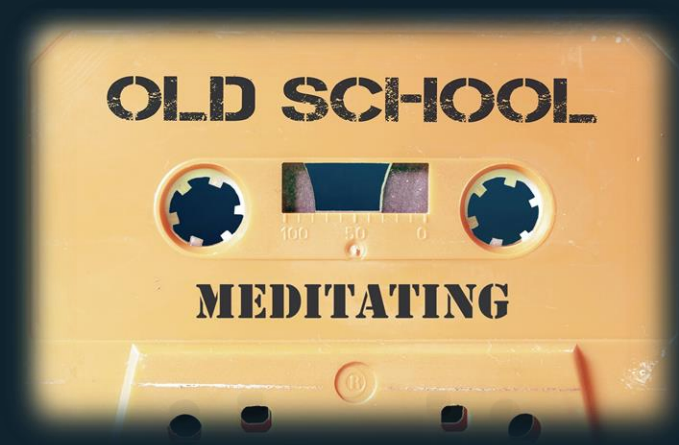
Two Barriers to Meditation

#1 Your View of the
Bible

2 Timothy 3:16-17

¹⁶ All Scripture is God-breathed and is useful for teaching rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.

What do you believe about this Book?



Two Barriers to Meditation

#2 Distractions

“Deep spiritual longings, which ought to be lovingly tended and skillfully cultivated, are choked to death by binge TV, immersive gaming, and social media scrolling.”

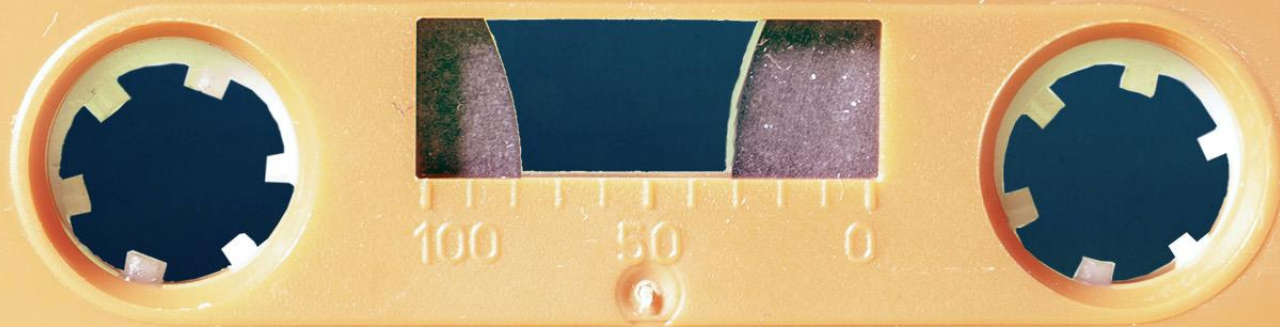
“Technology is not bad in and of itself,
the problem is when technology so
greatly outpaces our theology and
blitzes our day so completely that we
never get around to pursuing the
deeper things of life.”

-David Kinnaman, Faith for Exiles

Habakkuk 3:17-18

*Though the fig tree do not blossom, nor
fruit be on the vines, the produce of the
olive fail and the fields yield no food,
the flock be cut off from the fold and
there be no herd in the stalls, yet I will
exult in the LORD, I will rejoice in the
God of my salvation.*

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