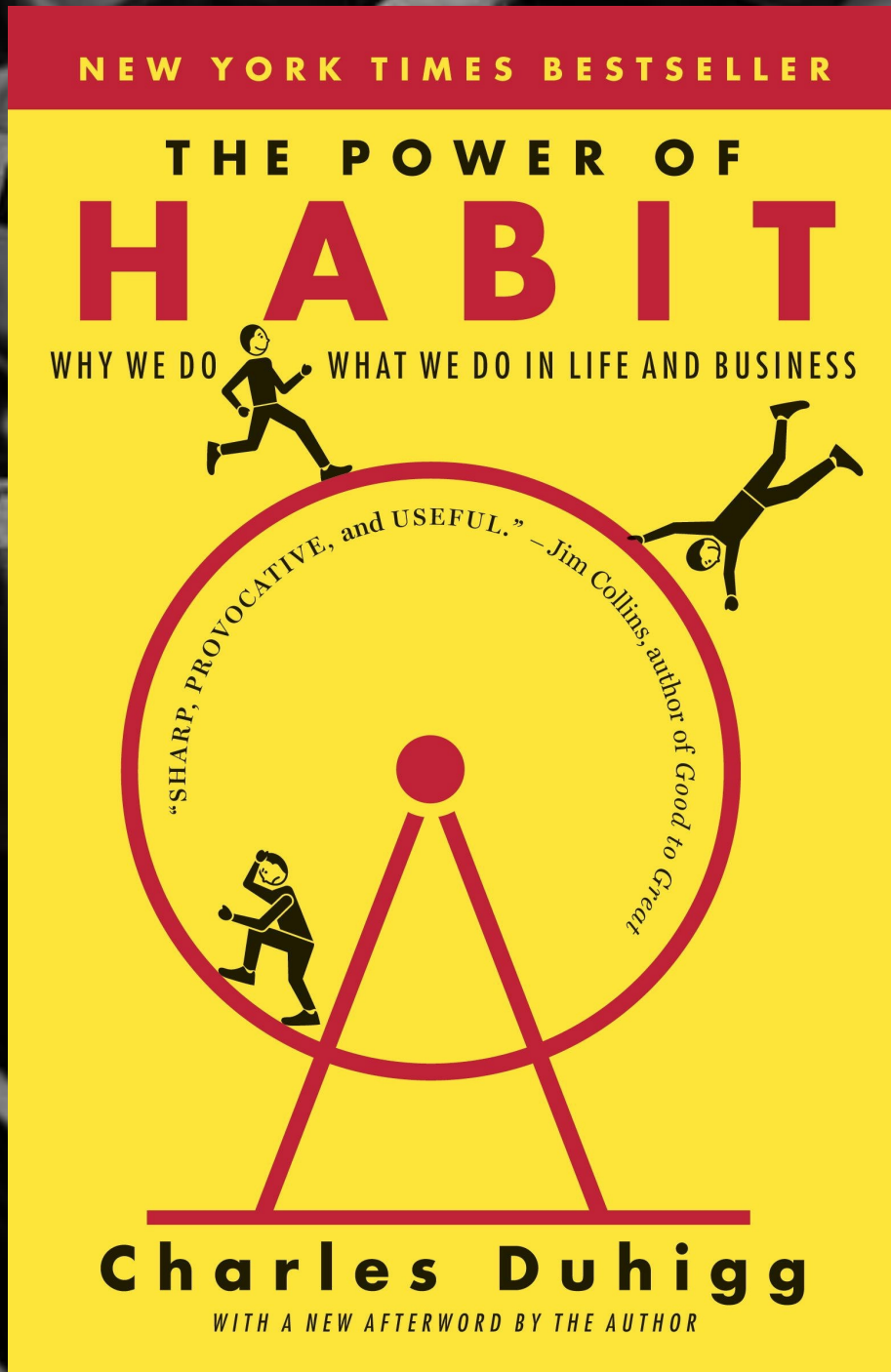




Top Gear

**Return to the
Desert**

Recap



“The Golden Rule of Habit Change: You can’t extinguish a bad habit, you can only **change** it.”

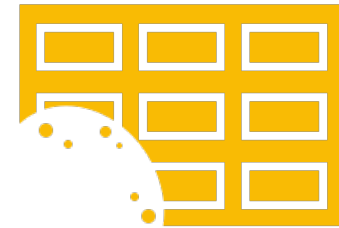
“This is the real power of habit: the insight that your habits are what you **choose** them to be.”

Recap

Routine

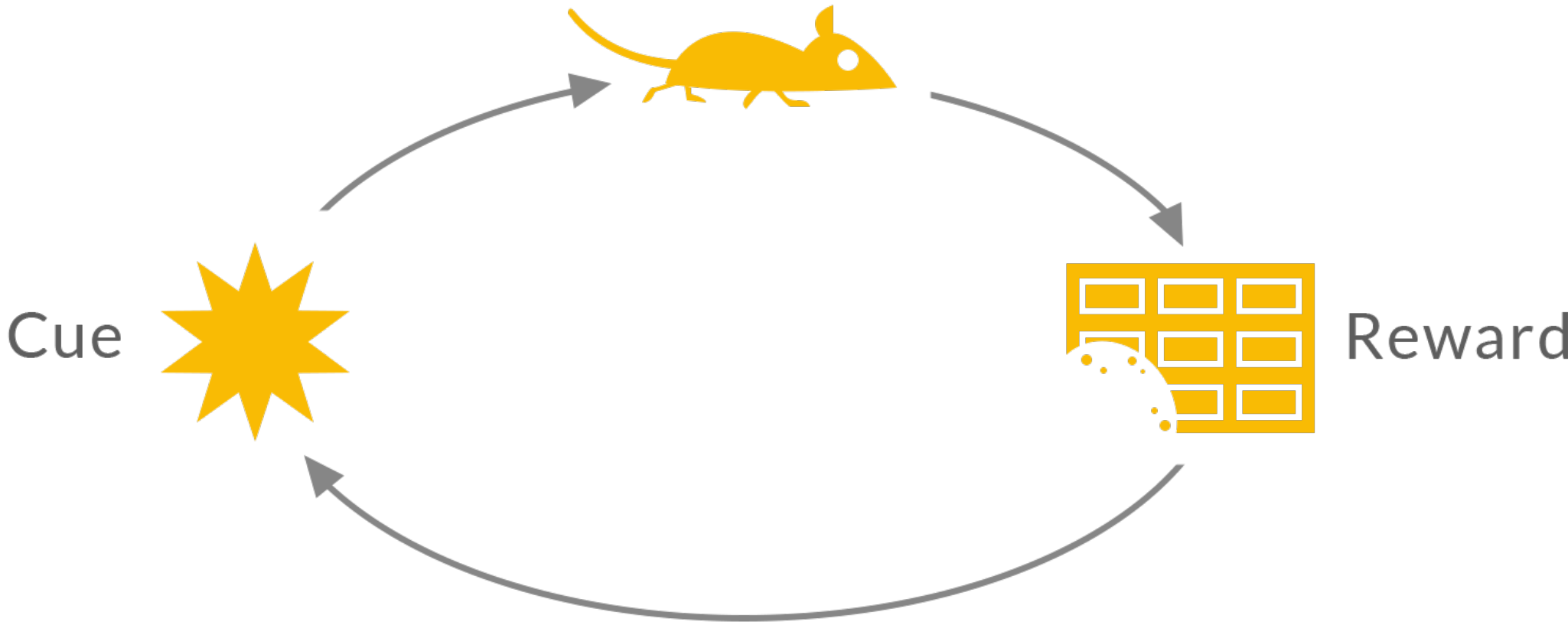


Cue



Reward

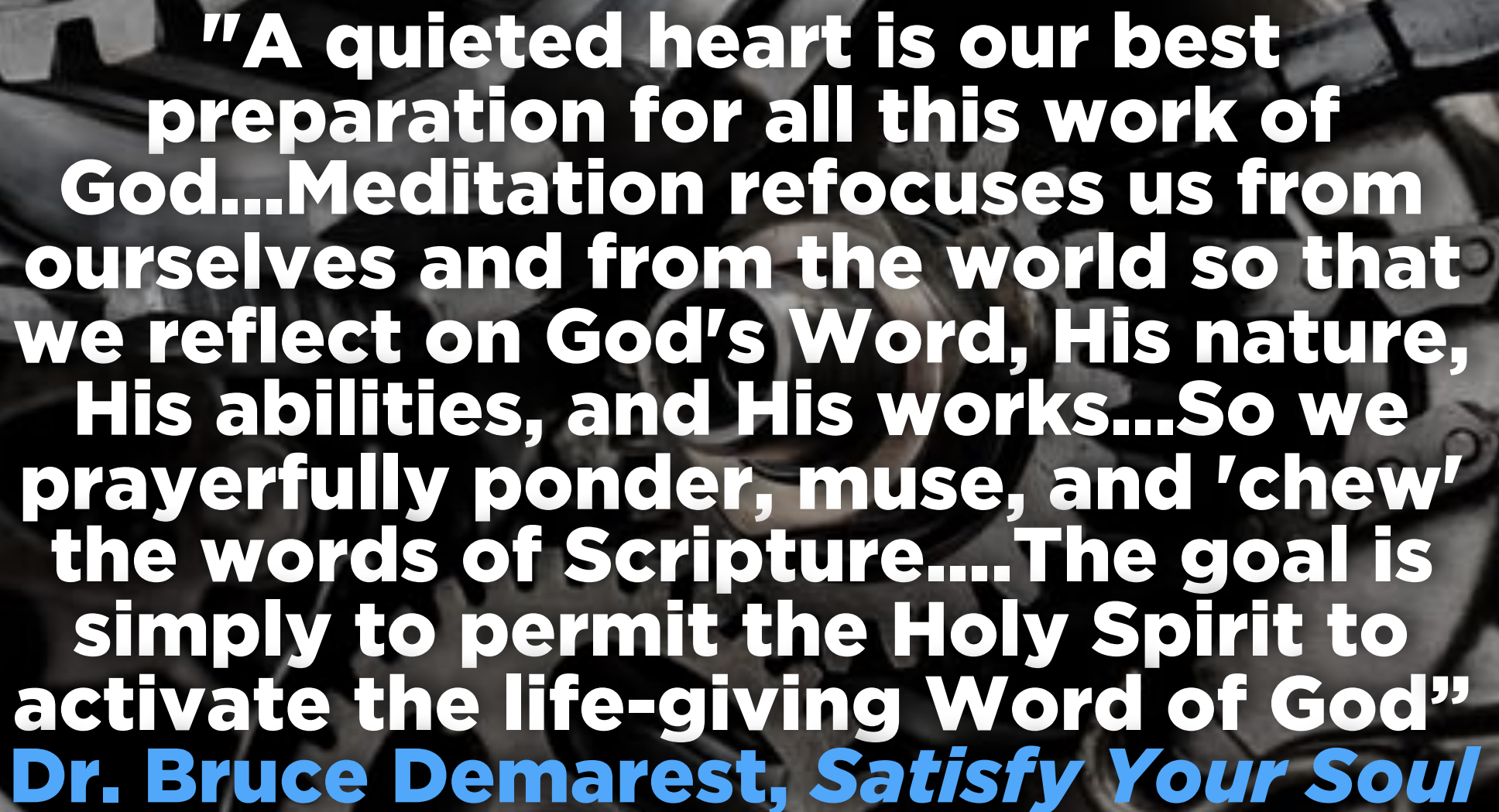
THE HABIT LOOP



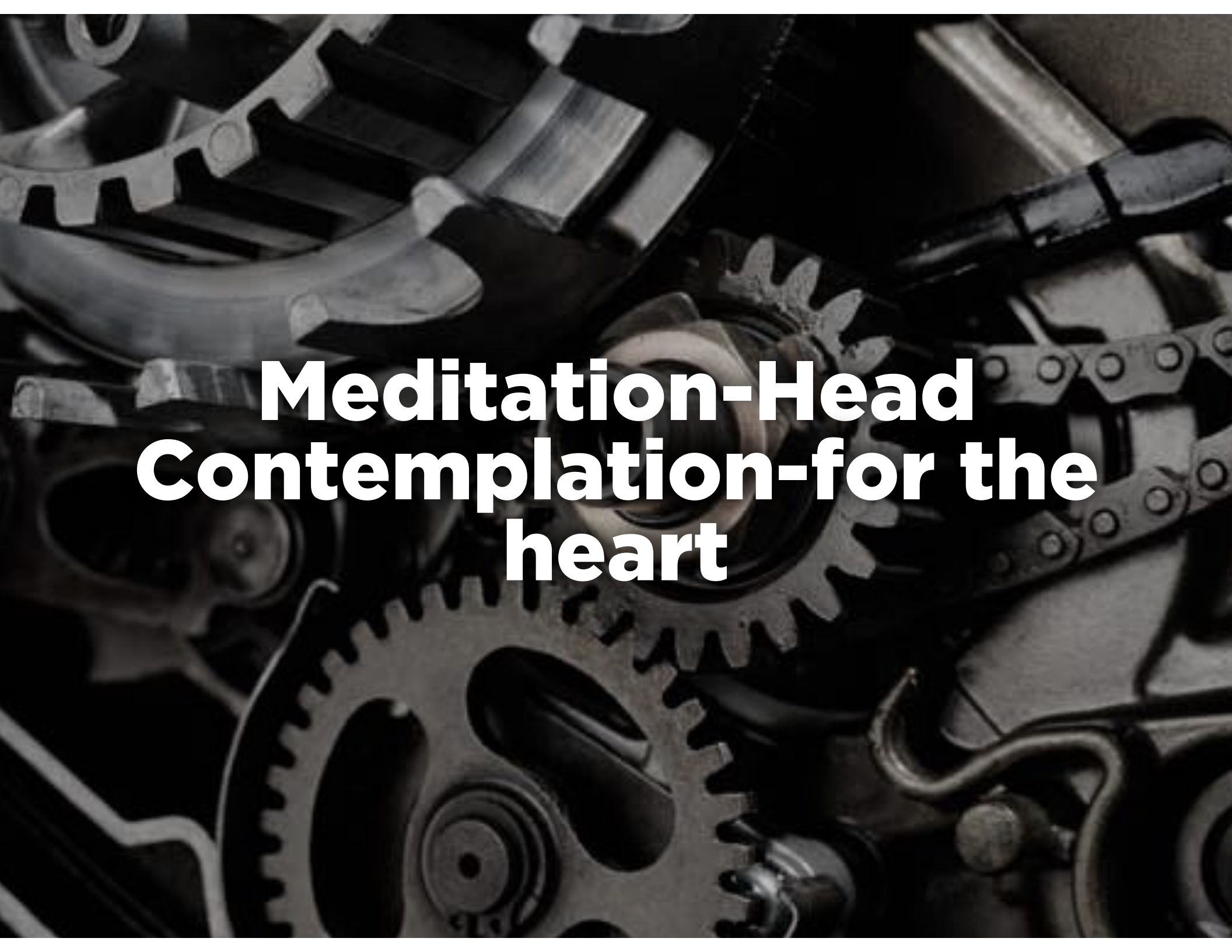
Recap

Christian prayer is adaptation of Jewish prayer so understanding Jewish prayer is vital to understanding Christian prayer

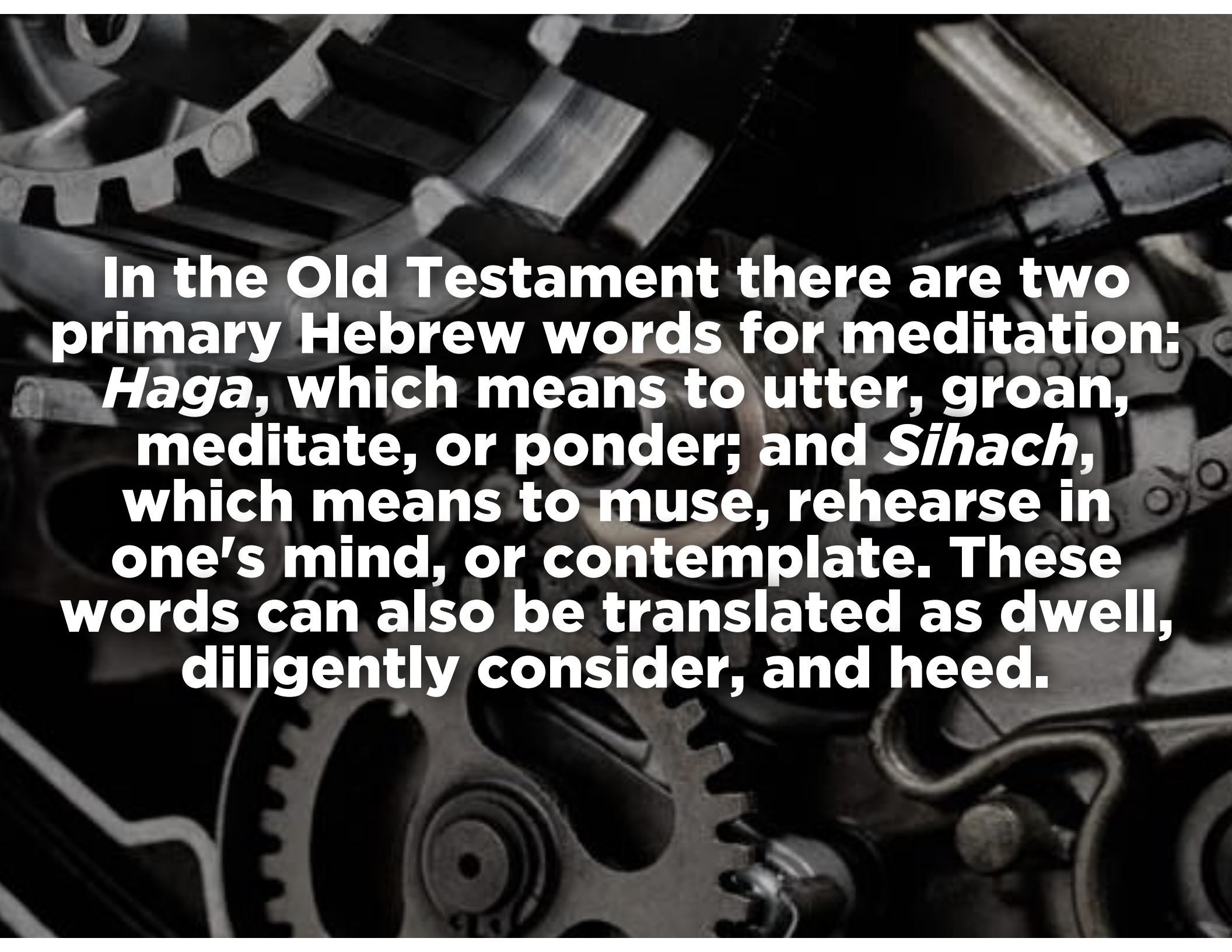
In the life of Jesus we see both static prayer (Jewish Prayer) and fluid prayer (Spirit Prayer)



"A quieted heart is our best preparation for all this work of God...Meditation refocuses us from ourselves and from the world so that we reflect on God's Word, His nature, His abilities, and His works...So we prayerfully ponder, muse, and 'chew' the words of Scripture.... The goal is simply to permit the Holy Spirit to activate the life-giving Word of God"
Dr. Bruce Demarest, *Satisfy Your Soul*



**Meditation-Head
Contemplation-for the
heart**



In the Old Testament there are two primary Hebrew words for meditation: *Haga*, which means to utter, groan, meditate, or ponder; and *Sihach*, which means to muse, rehearse in one's mind, or contemplate. These words can also be translated as dwell, diligently consider, and heed.

A Pattern of Separation

Those called by God are literally separated from their worlds

Abraham

Joseph

Elijah

Israel

David

Moses

Jesus

Paul

John

**The desert was a place of silence,
and in that silence God spoke**

A Pattern of Separation

Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. Know then in your heart that as a man disciplines his son, so the Lord your God disciplines you.

Deuteronomy 8:2-5



**Meditation and Contemplation
reenact the desert place in our lives**

**And when we create those places, we
meet God in a new and profound way**



Meditation Is Not...

Emptying yourself

Exercise

Thinking about life

Meditation in Three Parts

Separate Yourself

Remember how the Lord your God led you **all the way in the wilderness these forty years **Deuteronomy 8:2****

Go to a place where people aren't (parks, forest, field, paths)

Remove distractions (no phone unless for music, mute all else)

Meditation in Three Parts

Cleanse Yourself

**to humble and test you in order to
know what was in your heart,
whether or not you would keep his
commands vs 3**

**Before you can meditate you need
to pray and make sure all is right
between you and God**

**Don't allow the enemy to use your
sin as a distraction**

**Once you've asked for forgiveness
now ask the Holy Spirit to come and
open your heart and mind to God**

Meditation in Three Parts

Listen for God

to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord vs 4

Have a notebook and write the scripture you are meditating on out a dozen times (pre-choose a verse before heading out)

Now read out loud the passage a few times

write down any thoughts about the passage

Separate Yourself

The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food, **he traveled forty days** and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

1 Kings 19:7-8

Cleanse Yourself

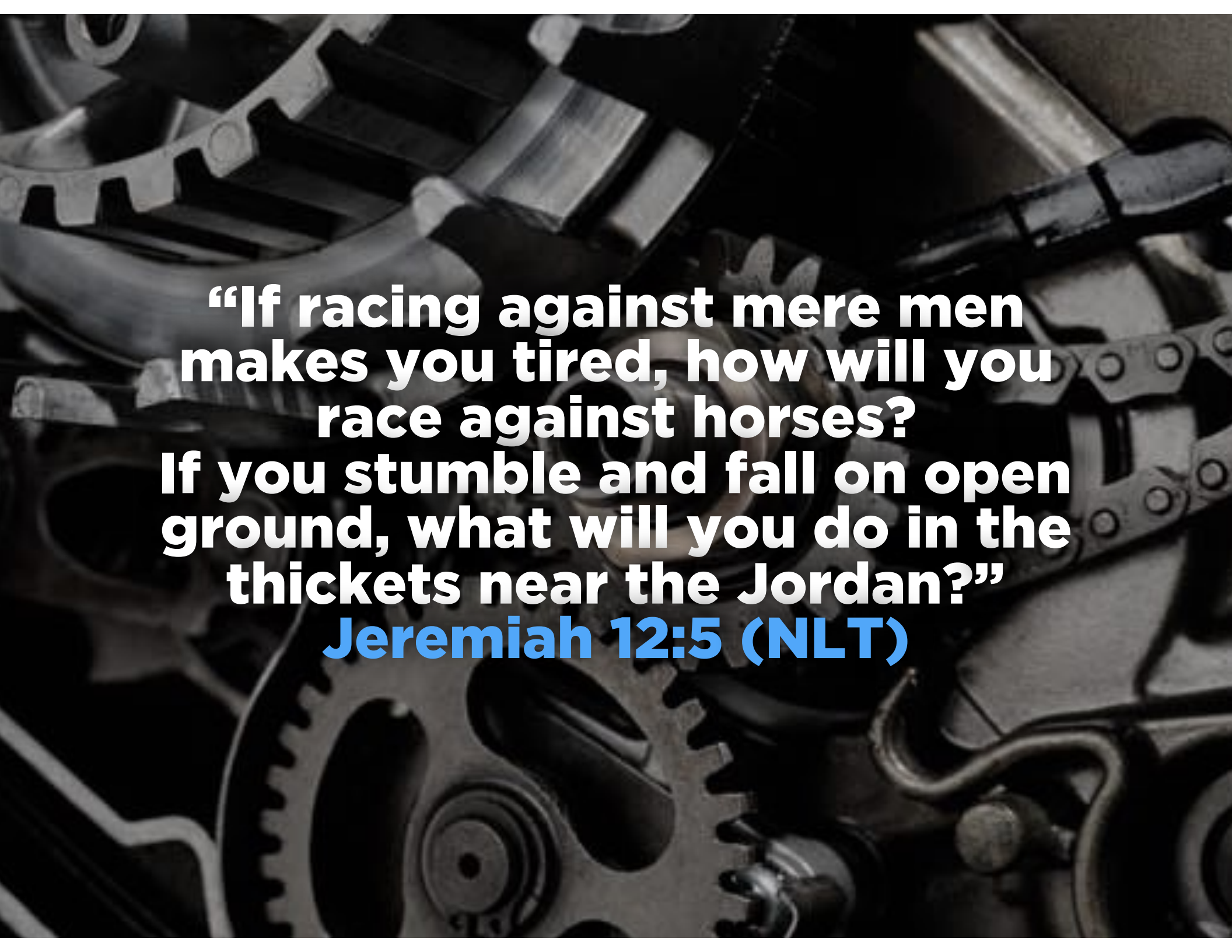
And the word of the Lord came to him: **“What are you doing here, Elijah?”** He replied, **“I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.”** The Lord said, **“Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” vs 9-11**

Listen for God

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. **And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. vs 11-13**



Feed Back



**“If racing against mere men
makes you tired, how will you
race against horses?
If you stumble and fall on open
ground, what will you do in the
thickets near the Jordan?”**
Jeremiah 12:5 (NLT)