



Inward Spiritual Discipline #2: Meditation

Last week we looked at the spiritual discipline of prayer. In this article, I want us to focus on the discipline of meditation. The main purpose or desire in meditation is to hear more clearly the heart and mind of God. The intent is to connect the head with the heart. Like prayer, this discipline requires us to find a quiet place in order to be silent before God.

Meditation reminds me of an example I read from Richard Foster. He wrote, "Have you ever watched a cow chew its cud? This unassuming animal will fill its stomach with grass and other food. Then it settles down quietly and, through a process of regurgitation, reworks what it has received, slowly moving its mouth in the process. In this way it is able to fully assimilate what it has previously consumed, which is then transformed into rich, creamy milk" (*Prayer*, 143).

This is a perfect description of meditative prayer. You allow the truth you are meditating on to flow from your mouth to the mind and then into the heart. You contemplate (regurgitate if you will) over and over and you find yourself being changed from the inside out as you grow in love and faith.

A way to practice the discipline is to take some time (begin with 15 minutes) to dig into a text. Your goal is not information or just understanding the meaning of a text. You want to engage the text and find out what God's Word is saying to you. An important question to ask after reading a text is, "Did I experience God in my reading?" If not, you need to spend more time in the text. Let the text sink into your life. May we be able to say like the Psalm writer that our "delight is in the law of the Lord, and on His law they meditate day and night" (Psalm 1:2).

There is a difference between Bible study and meditation on Scripture. In Bible study you exegete the text (technical study and analysis), while in meditation you internalize the text and make it personal. The Bible becomes a living Word addressed to you. I remember taking a Bible once and writing on the front cover, "To Mark Brackney." On the back page of the Bible I wrote, "From God."

Dietrich Bonhoeffer, one of my favorite theologians, founded a seminary at Finkenwalkde, Germany. Each student practiced thirty minutes of silent meditation on Scripture a day. What a wonderful practice this would be for each of us. The goal is not to rush through Scripture, but to slow down. You may take an entire week on one passage of Scripture before you internalize it.

While it is important to understand Scripture intellectually, if you do not connect with it at the emotional level, you have not fully understood it. As you read, do your best to put yourself there. Experience God in Scripture as you reflect and meditate upon His wonderful words.

Mark

**March 4, 2012
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Arlington Church of Christ



Connecting People to our Lord and one Another

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Knoxville, TN 37917
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Website:
www.arlingtonchurchofchrist.org

Welcome

We pray you will be encouraged and uplifted
as we join together in worship.

Guest Information

- There is a **staffed nursery** available for children under age 2. There is also a **cry room** at the rear of the auditorium.
- If you are visiting, **please complete a visitor card** so we have a record of your attendance.

Weekly Meeting Times

Sundays:
Worship 10:30 a.m. & 6:00 p.m.
Bible Study 9:30 a.m.

Wednesdays:
Bible Study 7:00 p.m.

Weekly Statistics

	weekly budget	\$4,136
	<u>attendance</u>	<u>contribution</u>
Feb 26	194	\$3,994

Arlington Family Pages

Seeking to edify, educate and
inform the Family of God
Sunday, March 4, 2012

Elders:

Tom Drinnen	Ph: 607-9561
David Hunter	Ph: 688-9677
Danny Rider	Ph: 947-3374
David Tiller	Ph: 607-1945

Minister:

Mark Brackney	Ph: 523-1764
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Staff: Young Adults/Teens

Tommy Drinnen	Ph: 523-1764
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Secretaries:

Becky Johnson	Ph: 898-3321
Jennifer Tatum	Ph: 523-1764

Missionaries:

Tom & Angie Langley - WEI
George Tokpa & Charlie Pagar - Liberia

In Our Thoughts and Prayers: Jim Sykes; Diana Montgomery; Sue Rider; Jean Elkins; Sarah Brown; Woody and Susan Holloway; Cathy Gilliam; Shane Mink; Brad Owens.

Friends and Loved ones: Caleb & Stephen's basketball coach, John Sharp; Carolyn Starks' nephew, Scott; Tiller's son-in-law, Harold Carter; Marlene Bilyeu; Elizabeth Tindell (Roger & Sue Mink's daughter); Katherine Howell's brother-in-law; Charles Wilson's daughter, Christina; Shirley Bowman's sister's husband; Cheryl Frost as she battles cancer; Justin Hines; Jeff Cloud.

Shut-ins: Ruth Aker; Betty Buckner; Evelyn Conger at Brakebill Nursing Home; Fred Gilliam in Elmcroft Asst. Living/Halls; Frances Marshall; Sarah Raby; Polly Shorter.

Missionaries: George Tokpa and Charlie Pagar in Liberia; Tom and Angie Langley with WEI.

Military: Scott Borawski in Afghanistan.

Coming Soon

- **Harding Students Mission Trip** to Knoxville, Sat., March 3-10.
- **Senior Servants** will meet this Thurs. at 11 a.m. for class and Pot Luck lunch. The class will be led by Mark French. Seniors, please sign up now and make plans to come and laugh, learn, fellowship, and share lunch together.
- **Teens will rake** Sarah Raby's yard this Thurs. from 4 to 6 p.m. Please meet at Sarah's house.
- **Bible Bowl Competition** at Knoxville Christian School, Sat., March 10, 2:45 p.m. Team members need to be there by 2:15 p.m.
- **Fish fry** to raise funds for Dorothy Langley and Sharon Galbreath's mission trip to Romania this summer with WEI, Sat., March 10, 6 p.m. Please sign up.
- **Home Church**, Sun., March 11, 6 p.m. Groups meet at the Drinnen's, Rider's, Tiller's, Brackney's, and the church building.
- **Young Adult Gathering**, Sunday, Mar. 11, 6 p.m. Location to be announced.
- **Teens serve at Hope Central**, Thurs, March 15, 4 to 5:30.



Family Matters

Sermon Topics Today

Sunday Morning: Luke 22:47-53
Jesus is Arrested

Sunday night: Tommy Drinnen
Solving Conflict in Relationship



Bible Bowl

We wish our Bible Bowl students the best as they prepare for Bible Bowl this weekend.

Please keep these kids

in your prayers as they are making their final preparations:

Jonathan Brackney	Joshua Brackney
Eric Morgan	Isaiah Morgan
Laura Morgan	Lexi Price
Danielle Cutler	Joseph Cutler
Barrett Baxter	



BIRTHDAYS
THIS WEEK

Mar 6	Christine Brackney
Mar 7	Maya Steinbruegge
Mar 11	Lyle Randall

Happy Birthday!!

Family News

Single Seniors Luncheon



A proposal has been presented and approved by the Elders to host a luncheon to serve the Single Seniors of our congregation. The thought is to start out once every quarter on a Sunday following the morning service. Right now, we are looking for families who would like to work in this service for our seniors by prepping and serving the meal in the fellowship hall. This is a wonderful time to show our respect and a great teaching tool to the teens and younger children.

Depending on the number of families who indicate their willingness to help by preparing food and staying to serve and clean up afterwards, we would want to have at least three families at each luncheon. This could be only once in three or six months. After we know the number of families serving, teams can be set up and you would know in advance the date of the meal your family would serve. For now, we are looking for a response to the call and then we can work out a flexible schedule around vacations and time away. A separate email will be sent asking for those interested in being one of our Single Seniors to reply so we would get a count of how many would like to participate.

Coupon Program

We also have a coupon program for military families. Thank you for your help. Please continue to bring your coupons and place them in the basket near the door. We can send them up to 3 months expired.

For more info contact Teresa Combs
865-686-4900 or tacombs@att.net