

10 Pictures of Christian Reflective Prayer

The Lord is truly revealing fresh insights into these ancient truths. As you know, books have often been my mentors in my journey in life and ministry. The following is a combination of gleanings of years of research and time just spent with the Father.

The David Model: Considering God's Creation and Might

From the Life of David

Imagine as the shepherd boy David spent many nights under the stars—looking, gazing, pondering, musing on creation and God the Creator. Creation is where most all of us first encounter God. The heavens declare the glory of God and the firmament shows His handwork (Ps. 19). Before people first read about God in the Scriptures, they tend to learn about our heavenly Father through nature. Consider the rainbow—a sign of God's covenant after the great flood (Gen. 9:13). Study the David Model to meditate on the splendor and majesty of God.

Scripture Passages on God's Majesty

Job 37:1-24

Psalms 8:1-8

Psalms 19:1-4

Psalms 29:1-11

Psalms 39:1-13

Psalms 90:1-17

Isaiah 40:1-31

Isaiah 44:1-45

The Mary Model: Pondering the Person of Jesus

From Mary the Mother of Jesus

Can you begin to imagine what Mary pondered on? Just think—the Son of God growing inside of you. You feel His heart beat; you feel His foot move; you bring Him to birth! Truly, one of the closest people ever to Jesus was His mother, Mary. Mary kept all these things and pondered them in her heart (Luke 2:19). She knew Him better than anyone, yet just like us, she wanted to know Him still better. Mary becomes our example of what it means to really know Christ—to come into intimacy with the lover of our soul. Let's join in her model of meditating on the person of Christ Jesus.

Scripture Passages on the Person of Jesus

Matthew 1:18-2:23

Matthew 3:13-4:11

Matthew 9:35-10:7

Matthew 16:13-17:13

Luke 2:42-52

Luke 24:1-53

John 1:1-18

John 2:1-12

John 13:1-35

John 19:1-42

Philippians 2:2-12

Hebrews 5:5-14

Revelation 1:9-20

Revelation 19:11-16

The Saint John Model: Thinking About the Cross

From the Life of John the Beloved

When you consider the St. John Model of meditation you center your focus on the finished work of the cross of Jesus. John was the only one of the 12 disciples to stand at the foot of the cross and actually witness the death of our Savior. It changed John. It will change you too. You too will boast only in the great immense love of God. Behold what manner of love

the Father has bestowed on us, that we should be called children of God. Let's follow John's example and always keep the love of God demonstrated through the cross of Christ ever before us.

Scripture Passages on the Cross

Isaiah 53:1-12

John 19:16-37

Acts 4:10-12

Romans 3:21-26

1 Corinthians 11:23,24

Ephesians 1:7; 2:13-18

Colossians 1:14; 2:9-15

Hebrews 9:11-28

1 Peter 1:18-23

The Joshua Model: Focusing on Biblical Principles

From the Life Joshua, the Successor of Moses

Those who follow the Joshua Model of meditation muse on the promises and principles of God's Word to bring them God's success. This book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success (Josh. 1:8). Wow! Joshua chewed on the words given to him by God through Moses and thus he found success. Should we not learn this art of meditation of focusing on biblical principles and bear much fruit?

Scripture Passages for Focusing on Biblical Principles

Joshua 1:1-9

Psalms 19:7-14

Psalms 119:1-176

Jeremiah 15:16

John 6:63-69

Acts 17:11

2 Timothy 3:14-17

Hebrews 4:12

The Saint Paul Model: Becoming Like Christ

From the Life of Paul the Apostle

Here we find the example of meditating or becoming like Christ from the life of Paul who said, "Set your affection on things above, not on things on earth" (Col. 3:2). Paul taught others to follow his example: "Whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue, and if there is any praise, think on these things" (Phil. 4:8). Perhaps we, like Paul, could become so heavenly minded that we become of earthly good!

Scripture Passages on Becoming Like Christ

Galatians 2:19-21

Philippians 2:5-12

Colossians 1:14-23

Colossians 3:1-11

1 Thessalonians 5:16-24

2 Timothy 2:15

Philemon 4:21

The Timothy Model: Meditating on Your Calling and Giftings

From the Life of Young Timothy the Disciple

The Timothy Model reminds you to consider God's unique calling in your life and the reason He has gifted you for service. Remember the admonition, Do not neglect the gift that is in you ...meditate on these things; give yourself entirely to them, that your progress may be evident to all (1 Tim. 4:14,15). We

too can grasp a clearer vision of what the Lord has for us if we will pause, reflect and meditate on God's mission for our life and therefore achieve greater effectiveness just as young Timothy was urged to do.

Scripture Passages on Meditating on Your Gifts

Acts 13:1-4

Romans 1:11-16

Romans 11:29-12:1-8

1 Corinthians 12:1-11

Ephesians 4:7-16

1 Timothy 4:11-16

2 Timothy 4:1-2

The Haggai Model: Considering Your Failures

From the Life of Haggai the Prophet

In learning to meditate as Haggai did, we look at our problems, failures and sins and "consider [our] ways" (Hag. 1:5, 7). Haggai motivates us to look at our shortcomings, change our thinking and then change our ways. By considering the flaws we can learn not to repeat them.

Scripture Passages About Problem-Solving

Haggai 1:3-11

Haggai 2:14-19

Acts 6:1-7

Acts 15:1-27

Romans 10:17-21

1 Corinthians 5:1-13

1 John 1:7-2:11

The Asaph Model: Meditating on God's Intervention

From the Life of the Psalmist Asaph

Asaph wrote 12 psalms that exalt the Lord for His

interventions in his life. What God did for Asaph in the past, (and you and I also) will present a key of encouragement for difficult times for the future. "I will remember the works of the Lord; surely I will remember Your wonders of old. I will meditate also on all Your work and ponder on Your mighty deeds" (Ps. 77:11-12). Through this model you will be encouraged to record significant answers to prayer so you can remember God's faithful ways.

Scripture Passages on God's Intervention

Psalms 3

Psalms 50

Psalms 77

Psalms 79

Psalms 82

Psalms 90

Acts 9:20-25

The Malachi Model: Meditating on God's Name

From the Life of Malachi, The Last Old Testament Prophet

Here we find a model of meditating on the names of God. Then those who feared the Lord spoke to one another, and the Lord listened and heard them; so a book of remembrance was written before Him for those who fear the Lord and who meditate on His name (Mal. 3:16). Each name of God depicts a unique character or task of God that teaches us more of who He is and how He relates to us. Practicing the Malachi Model draws us into a greater trust relationship with the one who holds our hand.

Scripture Passages for Meditating on the Names of God

Exodus 3:14-15

Exodus 33:18-34:8

Psalms 138:1-8

Malachi 3:16-4:2

Matthew 6:9-13

John 4:19-26

1 John 2:12

The Sons of Korah Model: Contemplating Intimacy With God

From the Life the Sons of Korah as Portrayed in the Psalms

The Sons of Korah Model focuses on knowing God intimately. Twelve descriptive psalms are attributed to the sons of Korah who declared, "We have thought of Your lovingkindness, O God, in the midst of Your temple" (Ps. 48:9). These psalmists loved and longed to know God more deeply. This generation was different from their patriarchal Korah, who was judged by God for not coming into the sanctuary of God. But the sons cried out, "As the deer pants for the water brooks, so pants my soul for you, O God. My soul thirsts for God, for the living God" (Ps. 12:1-2). Oh yes, let's follow the next generation and hunger for His presence and meditate on the call to greater intimacy with God.

Scripture Passages on Intimacy With God

Psalms 2

Psalms 46:1-11

Psalms 84

Matthew 6:1-34

John 15:1-7

John 17:1-26

I John 2:1-18

I John 4:7-21

I trust that this Scripture teaching has been a blessing to you. If you want to learn more on this and other related subjects, then I need to refer you to the book *The Lost Art of Practicing His Presence* and the study guide *Consecrated, Contemplative Prayer* and the full class in our online school.

Dr. James Goll is the Founder of Encounters Network, Prayer

Storm and helps carry on the work of Compassion Acts. For information on his online school visit: . James continues to live in TN and is a joyful father and grandfather today.