



# The Discipline of Meditation

*Celebrating the Spiritual Disciplines*

Psalm 1 (119:97-104)



# Of Programs and Practices

# Programs

- Busy
- Organized  
(Structure)
- Roles (Titles)
- Require Resources
- Few for the many
- What we do

# Practices

- Simple
- Organic(Messy)
- Responsibilities  
(Character)
- Require Commitment
- All Participate
- Who we are





# The Definition of Meditation

# Meditation?





*hgh*

הגה

to coo, growl, mutter

*śîḥâ*

שיחה

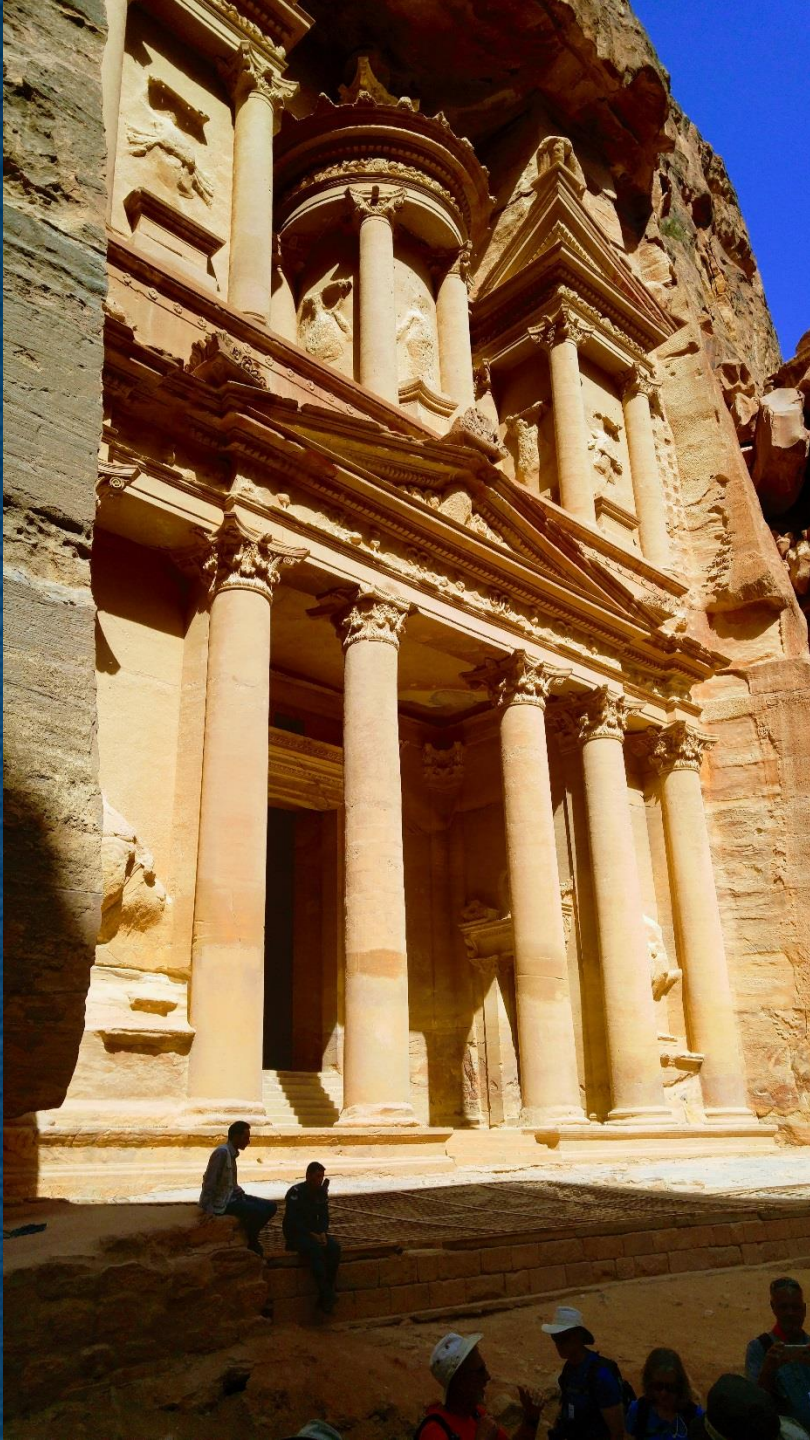
thoughtful contemplation, meditation





# The Importance of Meditation





# Petra – *The Treasury*

*What is it for?*



# The Rewards of Meditation





# The Practice of Meditation