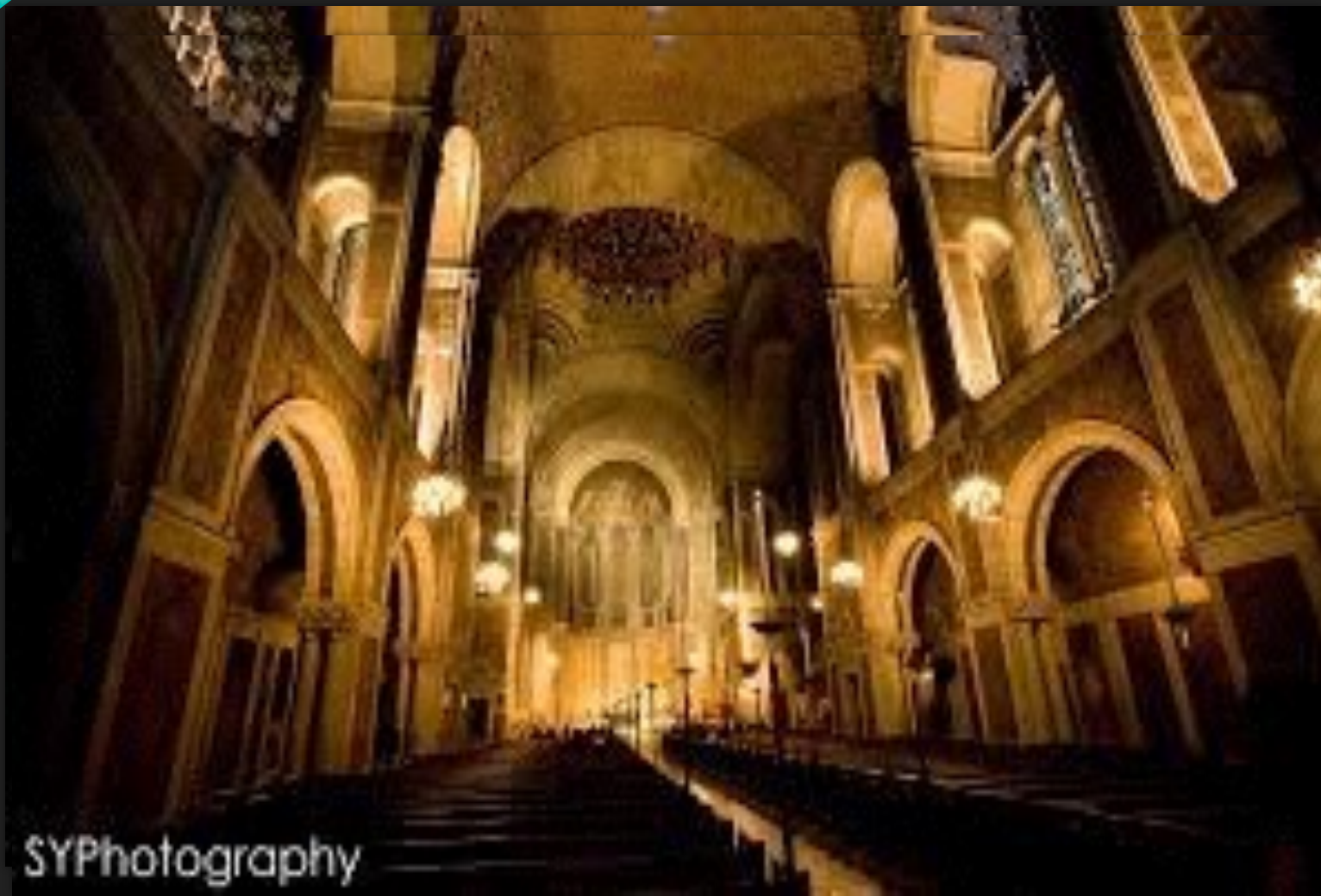


# Lent: 2017: The Journey Inward

## Session 2

The People and Clergy of St. Bart's Church, New York City

# Meditation & Prayer



SYPhotography



KEEP CALM  
AND  
PRAY



**Hurry is not of the  
devil...**

It is the devil.

C.G. Jung

HOW TO

**MEDITATE**

Beginner's Guide



“And Isaac went  
out to meditate in  
the field in the  
evening.

Genesis 24:63

"I think of thee upon my bed, and  
meditate on thee in the watches of the  
night.

Psalm 63:6





“Eastern meditation is an attempt to empty the mind.

Christian meditation is an attempt to empty the mind in order to fill it.”

Richard J. Foster,  
Celebration of Discipline:  
The Path to Spiritual Growth

From detachment...

to attachment

“The best over-all preparation for successful meditation is a personal conviction of its importance and a staunch determination to persevere in its practice.”

P.T. Rohrbach



“Prayer does not fit us for the greater work...”




Prayer is the greater work.”

Oswald Chambers

“Prayer catapults us  
onto the frontier of the  
spiritual life.

It is original research in  
unexplored territory.”

Richard Foster, Celebration of Discipline



**Prayer &  
Healing  
Service**

Sunday, July 12



## Prayer Changes Us

When we pray for people, we think about them differently.

When we pray for people, we are connected to them in a deeper way.

When we pray for people, we are changed.

Don't put people  
down, instead  
put them in your  
prayer list.

QUOTEDEARBY.COM

early  
**morning**  
prayer

@ 6:00 AM IN THE CHAPEL  
TUESDAYS IN JANUARY  
6 13 20 27

SEVENTH  
STREET CHURCH



SPREADJESUS

To be a Christian  
without prayer  
is no more possible  
[www.spreadjesus.org](http://www.spreadjesus.org)  
than to be alive  
without breathing.

- MARTIN LUTHER

[www.spreadjesus.org](http://www.spreadjesus.org)

If the only prayer you  
ever say in your entire  
life is thank you, it will  
be enough.

*Meister Eckhart*

