

# the IRRELIGIOUS LIFE

experiencing the inside-out spirituality of Jesus

## Week 9: *STAINED GLASS WINDOWS*

Closer is He than breathing.

~ Alfred Tennyson

You cannot understand life and its mysteries as long as you try to grasp it. Indeed, you cannot grasp it just as you cannot walk off with a river in a bucket. If you try to capture running water in a bucket, it is clear that you do not understand it and that you will always be disappointed, for in the bucket the water does not run.

~ Alan Watt

In the spiritual life there are no shortcuts. Those who imagine that they can discover spiritual grimicks and put them to work for themselves usually ignore God's will and his grace.

~ Thomas Merton

It is my daily discipline of prayer and meditation that has proven to be the God-given tool to actualize any of the wonderful characteristics of Jesus in my own life.

~ John Michael Talbot

Meditation is this transformative process of shifting from surface, matter-of-fact levels of consciousness to more interior, meditative levels of awareness of the spiritual dimensions of our lives.

~ James Finley

It is not knowing a lot but grasping things intimately and savouring them that fills and satisfies the soul.

~ St. Ignatius

If we are to benefit from the same kind of experiential and dynamic relationship with the Lord that God's people in Scripture enjoyed, we must, through the Spirit, cultivate the spiritual capacity for an inner life that they possessed.

~ Gregory Boyd

Reading without meditation is sterile, meditation without reading is liable to error, prayer without meditation is lukewarm, meditation without prayer is unfruitful.

~ Guigo the Second (12<sup>th</sup> Century)

The inner world of meditation is most easily entered through the door of the imagination.

~ Richard Foster

The principle thing is to receive and to keep receiving the immense love which is being offered.... Perhaps we could say that the basis of Christian meditation is the art of being loved.

~ William Johnston

Meditation moves from looking at the *words* of the text to entering the *world* of the text.

~ Eugene H. Peterson

Why do I meditate?... Because I am a Christian.

~ Dietrich Bonhoeffer

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

~ Yahweh

(Joshua 1:8, TNIV)