
“Low-Key” Spiritual Practices Pt. 4

Ivy Baptist Church Bible Study
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Goals of this series:

- To better understand the value of spiritual practices
- **To apply the studies spiritual practices into our walk with God**
- **1 Timothy 4:7:** Have nothing to do with godless myths and old wives tales; rather train yourself to be godly
- Training requires developing **consistency**

Low Key Spiritual Practice #4: Contemplation

- **Contemplation: The act of looking thoughtfully at something for a long time**
- Contemplation is **deep reflective** thought
- Contemplation is **intentional, purposeful and meaningful**

Meditation vs. Contemplation:

- They are BOTH similar AND different
- Meditation focuses primarily on **thinking and reflecting**
- Contemplation focuses more on **seeking the PRESENCE of God**

Spiritual aspects of Contemplation:

- Contemplation is learning how to look for and see **GOD in EVERYTHING!**
- We look not just with our eyes but with our **FAITH** as well!
- We focus on the **SEEN and the UNSEEN**. The physical and the **SPIRITUAL**

Key Verse for Contemplation:

- **2 Corinthians 4:16-18:** 16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

What makes Contemplation difficult?

- We focus on our **problems** more than **God**
- We have “**compartmentalized**” our lives (work, church, home, etc.) We don't look for God **everywhere**
- We don't know how to **EXPERIENCE** God. We know **church**

Key Verse on Contemplation:

- **Acts 17:24, 27-28:** 24 The God who made the world and everything in it is the Lord of heaven and Earth and does not live in temples built by human hands. 27 God did this so that they would seek Him and perhaps reach out for Him and find Him, though He is not far from any one of us. 28 For in Him we live and move and have our being. As some of your own poets have said, “We are His offspring.”

Jesus and Contemplation:

- Jesus **ALWAYS** sought the will of God! (**Luke 2:49**)
- Jesus healed **SPIRITUALLY** before He healed **PHYSICALLY**. He wanted them to **EXPERIENCE GOD FIRST** (**Mark 2:1-12**)
- Jesus “got away” often to **contemplate** (**Matt. 14:22-34**)

Conclusion on Contemplation:

- The enemy **VALUES** our **SHALLOW** thinking!
- Practice looking “**beneath the surface**” **GOD IS THERE!**
- **Slow down! Think intentionally! EXPERIENCE the presence of God!**



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LOVE | GROW | SERVE