

# Meditate Like Jesus Notes

# Getting Started

- Purpose-End & Means
- To transform our souls
- Deepen our spirits
- Transform the soul & spirit of our congregations
- Means: Learning how to meditate like Jesus
- Experiential and Journaling

# Overview

- Who is Jesus?
- What is meditation?
- What does meditating like Jesus involve?
- What are the essential meditative concepts?
- What are some practical ways to meditate like Jesus?

Who is Jesus?



Photo by Jr Korpa

# Jesus vs. Christ

What is the difference among these statements:

I know Jesus.

I know Christ.

I know Jesus Christ.



# Evangelism vs. Regionalism

*What is the difference:  
Where Jesus was preached.  
Where Jesus lived.*



Photo by Felicia Buitenwerf

# Bible vs. Bible

*What is the difference between:  
Your Bible  
Jesus' Bible*



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# Other vs. Mother

*What is the difference between:  
Your language  
Jesus' language*



Photo by Felicia Buitenwerf



# Linguistic-Conceptual Proximity



# Linguistic-Conceptual Proximity

Indo-European  
(English)



Indo-European  
(Greek,  
German,  
Latin)

Semitic  
(Hebrew,  
Arabic,  
Aramaic)

# Summary: Who is Jesus?

Jesus came from a Semitic culture, spoke Semitic languages (Hebrew & Aramaic), processed the world and expressed his teachings through a Hebraic viewpoint.