

A Contemplative Approach to Youth Ministry

Exploring How to Engage Young People Through Spiritual Practices

Murray Brown | Youth Train

BE STILL AND KNOW THAT I AM GOD. **PSALM 46:10**

Key Takeaways

The need for a contemplative approach

- A busy culture
- A connected culture
- A stressed culture
- A distracted culture

The basis for a contemplative approach

- Jesus often withdrew to the wilderness for prayer (Luke 5:16)
- Be still and know that I am God (Psalm 46:10)
- Whatever is admirable... think about such things (Philippians 4:8)
- Meditate on His law day and night (Psalm 1:1-2)

Examples of a contemplative approach

- Lectio Divina
- Ministering through prayer
- Prayer retreat

Resources

- The Ruthless Elimination of Hurry - John Mark Comer
- Practising the Way - John Mark Comer (book plus video series)
- Renovation of the Heart - Dallas Willard (or anything by Dallas Willard!)
- Celebration of Discipline - Richard Foster
- How to Hear God - Pete Grieg (book plus video series – The Lectio Course)
- Jesus Centred Youth Ministry - Mike King
- Contemplative Youth Ministry - Mark Yaconelli

Application

Read a Bible passage together slowly. Allow a time of silence during which they meditate on the passage. Invite them to share one word/phrase/verse that was especially interesting/inspiring/impacting. All those who would like to, to explain why and what they think God might have been saying to them.