

NEW AGE Pt.21: MEDITATION in the CHURCH, CENTERING PRAYER, LECTIO DIVINA, VISIO DIVINA



Pastor I also don't bear witness with what the New Age churches with their occult kind of teachings. From what you have shared, what they do and practice is more demonic and satanism. You are right this is witchcraft and demonically anointed. How can your church go about rolling on the ground laughing, shaking uncontrollably, screaming, running around in the name that you are on "fire"; the so called fire I think it's just demonic. How can you move around in your gathering that you are smoking the Holy Spirit?

Please teach and expose more on this as we pray that God will open the eyes of many to turn away from these false New Age teachings that are a total lie from

hell. Through Hosea God cried and indeed many are perishing for lack of knowledge. **(Hosea 4:6)**

CENTERING PRAYER

Today, many **Christians** throughout the world are deeply committed to the daily practice called “centering prayer,” which they experience as a cornerstone of their lives. Aug 3, 2020

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Centering Prayer - Boston College

Today, many Christians throughout the world are deeply committed to the daily practice called “centering prayer,” which they experience as a cornerstone of their lives. – Boston College

Let’s take a look at what centering prayer actually is. We’re going to watch this video where the lady explains what you do in this type of prayer and then I will break it down.

*Please play this video – This woman explains how to practice centering prayer.
STOP

She explains that centering prayer does not replace any other forms of prayer you might be currently practicing. Centering prayer differs from other forms because the prayer is not expressed in words. Centering prayer moves beyond conversation. It enables us to cultivate a deeper relationship to God and we learn to rest in God. She explained that these sessions are 50 minutes long. Each session will be opened with a prayer and then they will “go into silence” for 20 minutes. With centering prayer, you use a “sacred” word. If you don’t have a sacred word, then what that is, is you choose a word that would be one to two syllables long. The word becomes sacred, not because of its meaning, but because of the meaning we give it. That word becomes an expression of our intention to consent to the presence of God. Another guideline you want to think about is your posture. She suggests sitting in a straight back chair or sitting on the floor on a cushion. Whatever position you prefer as long as your spine is straight and the position isn’t going to encourage any kind of sleeping. You would also close your eyes next, this is also a symbol of consent. And then you would begin

to gently introduce the sacred word. She then explains she uses imagery in her mind when she says “gently”. For example as light as a feather hitting a pillow. She said, so you don’t want to be screaming the sacred word to yourself. When you find yourself engaged in any kind of thoughts or getting wrapped up in a story, just gently go back to your sacred word. We will remain silent for 20 minutes and at the end of 20 min’s you will hear a bell. So you don’t have to worry about keeping track of the time. After the (((the video is silent here and can’t make out what she’s saying))). The end of what she said sounded like that after the period of silence, then they would do a period of lectio or vizio divina. (Both are occult ways to meditate, one with reading and one with visions). Then she explains how they will do the next section of this “praying”. A piece of scripture is read four times. The first time we just listen with the ear of our heart. And when you are listening to it the first time just see what word or phrase captures your attention. If we were using a painting, maybe perhaps you would see a certain color or see a certain image in that painting that captured your attention. Then we read it a second time and we think a little more deeply. The second time is about what speaks to your heart. After the third reading is when you can each have the opportunity to share that word or phrase that spoke to you out loud with the group. Then the fourth reading is that you are simply listening to the scripture for the last time and just resting in God’s presence. We then will close with a song or a prayer. She ends by promoting a book titled “Open Heart Open Mind” by “father” Thomas Keating which is about centering prayer.*(about 4 min’s)

<https://www.youtube.com/watch?v=e3Ef870p58s>

This woman is teaching New Age meditation, in the guise of a type of Christian prayer. She’s teaching a form of witchcraft that will connect those who practice this to demons.

Real quick I just want to let you know that with real Christian prayer, you can pray out loud or you can pray silently but either way, you talk to the Lord. You don’t just sit there or lie there or just focus on one word or non-sense like what is being taught in this video and in New Age cult churches. Even if you are seeking God for an answer about something, you open the prayer as usual with thanksgiving and praise and let Him know what it is that you are listening for Him to speak to you about and then you can wait for a time to hear from Him. And always end your prayer time in Jesus’ name. **(John 14:6, John 14:13-14)** God may not speak to

you right then, He may speak in other ways. Through Scripture, through teaching, through another Christian, through a situation etc. There are many ways that God speaks and shows us His answer. And sometimes it is just a matter of waiting on God.

“Going into Silence” that she said they would do for 20 min’s is another piece of New Age meditation. Walle also mentioned this as part of transcendental meditation. That is the quieting your mind and focusing within aspect. They promote this as another way to draw closer to God.

She said whatever word you choose becomes an expression of our intention to consent to the presence of God. **TO CONSENT TO THE PRESENCE OF GOD?** Letting Him know it’s ok to interact with you or that you want His interaction. This is utter non-sense. You are either in the hands of Jesus Christ, placed there by The Father (**John 6:39**) or you are not. You approach God in prayer reverently and He interacts with those who are His through Jesus Christ and His atoning sacrifice.

Some two syllable word that you keep repeating, is you letting God know you are open to His presence. Nowhere in Scripture will you find such an abominable practice. Because this is not of God, not godly prayer, you will not be connecting with God at all. You are consenting to a presence by doing this but not to God’s presence, so then a presence or that is an evil spirit will come and respond to what you are doing.

You take a Christian word and you say it over and over. That’s like having a “mantra” where the belief or goal is to open you up so you can commune with the divine. This is eastern meditation not Christian prayer.

Isaiah 2:5-6 - O house of Jacob, come ye, and let us walk in the light of the LORD. Therefore Thou have forsaken Thy people the house of Jacob, because **they be replenished from the east**, and are soothsayers like the Philistines, and they please themselves in the children of strangers.

“They be replenished from the east” – means: They are full of superstitions from the East; they practice divination like the Philistines and embrace pagan customs.

“They please themselves in the children of strangers” means - They have made alliances with pagans and are doing the same things they practice. The children of Israel had turned away from following God and were practicing witchcraft that they learned from the nations around them.

Jesus told us not to chant like the pagans / heathens do. **(Matt.6:7)**

But since this is backed up and approved by The Roman Catholic Church then people believe it is Christian, even had “father” Thomas Keating’s approval. The Roman Catholic Church is practicing and teaching New Age as well. Which is the occult. I have told you time and again they are not a godly church.

I’ve noticed from researching what these false teachers teach and how they get people to accept what they teach is through twisting God’s Word. A big concept they twist is God’s love for us. They stress His love but never teach that we must do something on our part to be saved and to draw nearer to Him. Jesus is The only way to The Father, our relationship begins when we come to Jesus with a broken and torn up heart over our sinful lives and we seek forgiveness and repent, which means we turn away from our sin, we stop sinning and begin to live righteous lives through the power of The Holy Spirit. Salvation is a free gift and once we receive it we are expected to live changed lives.

Their message only focuses on God’s love for humanity. They say He loves you and you just need to rest in His love. They do not teach that the only way you can show God you love Him is through obedience. **(John 14:15)**

John 15:14 – Ye are my friends, if ye do whatsoever I command you.

Everyone is not a friend of Jesus. God expects our obedience. Otherwise we are not His children. They promote this fairy tale Jesus that is only love and is not also a Judge Who will judge and deal with sin. By teaching that you just rest in Jesus they can promote false teachings and practices such as soaking prayer where you just lie on the floor and expect God to pour out His Spirit on you.

Another big false teaching they focus heavily on is God’s rest for us. This woman just taught that centering prayer moves beyond conversation. It enables us to cultivate a deeper relationship to God and we learn to rest in God. Don’t speak to

God in prayer, just rest in Him. And that opens the door for soaking prayer, centering prayer, contemplative prayer etc. What a liar and false teacher! What blasphemy and abomination! Jesus finished His work and sat down on the right hand of God The Father **(Heb.10:11-13)** but we have not entered into our rest yet. The battle is still raging.

Matt.11:29 - Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Jesus was easier to learn from and follow than all the rules the Pharisees had made up and imposed on the people. **(Mark 7:1-13)** And now we can see that when Jesus died and resurrected He did away with the Old Covenant, they no longer had to make all the animal sacrifices and adhere to so many ordinances. However, Jesus mentions a yoke and a yoke refers to work that needs to be done. Still the work that He had would be easier than what they had been under.

Heb.4:9-11 – There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God *did* from His. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

We are to labor to enter into this rest. If we disobey God as the people of Israel did, we will fall.

Eph.2:10 – For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

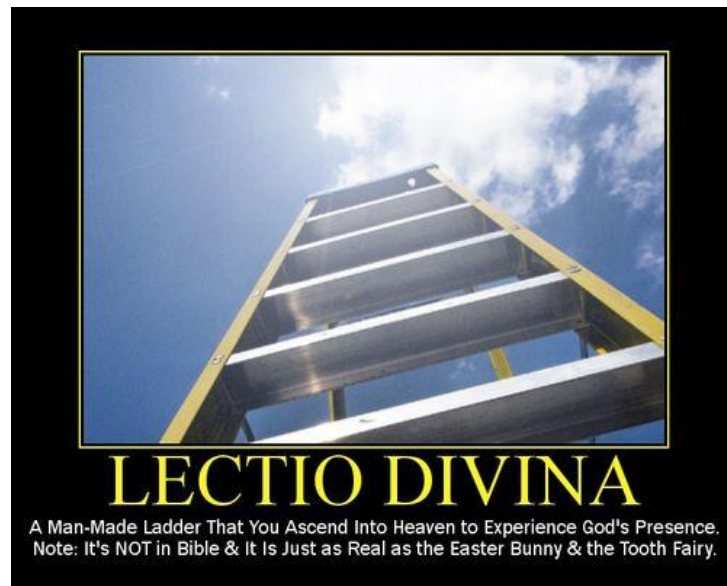
We have been created anew in Christ. God expects us to work. God has good things for us to do which He planned for us long ago. Jesus said those that believe in Him will do greater works than Jesus did and that is in volume not in type.

(John 14:11-13) We have not entered into our rest yet.

LECTIO DIVINA and VISIO DIVINA

At the end of that video she mentioned lectio divina and visio divina. Lectio is a latin word that means reading and divina is a latin word that means divine. I believe they try to cloak this practice as divine but if you look at the word divina it

is the root of divination. So I would say it is to divine from a reading and that is witchcraft. The same with visio divina, divining from something you see.



Lectio Divina – A man-made ladder that you ascend into heaven to experience God’s presence. Note: It’s NOT in the Bible and it is just as real as the easter bunny and the tooth fairy.

In my research on this one it seems a monk in the Roman Catholic Church came up with it. That’s two red flags. The Roman Catholic Church is completely occult. Praying through Mary which is not Biblical, praying to dead saints etc. We were never to segregate ourselves away from the world. How are we going to have an impact for God’s glory when we lock ourselves away in a monastery or an abbey?

They are using a methodology to try to hear God. They are teaching “God on demand” and He doesn’t work and move like this. God wants you to come to Him and spend time with Him. Not do some ritual or particular method. He’s not a machine. God wants our hearts **(Matt.15:8)**.

Some of the steps are different depending on who is teaching this. But basically you read a short passage of Scripture, the shorter the better. You pick out a word or phrase that stands out to your heart and you read it again and meditate on the word or phrase. Then you consider what invitation God may be giving you. You

can invite Him to speak to you about it or to look at you while you look at Him. Then you see if God will bless you with the gift of contemplation in that moment.

This is not how you learn God's Word and this is not how you pray God's Word back to Him. When you pray God's Word, you include Scripture that speaks to your situation. Here's an example in prayer I thank Jesus for shedding His holy blood so that our sins could be forgiven because the Bible says that without the shedding of blood there is no remission. **(Heb.9:22)** Or you might praise Jesus by saying that He is Lord of lords and King of kings. **(1 Tim.6:15-16, Rev.17:14, 19:16)** This is in our Bibles. You can thank Him for giving you victory in your life because through Christ we are more than conquerors. **(Romans 8:37)** That's how you pray Scripture. Or by saying Lord your Word is true, You are not a man that You should lie. **(John 17:17 ,Numbers 23:19)** You said in Your Word that by Jesus' stripes we are healed. **(Isaiah 53:5)**

Visio Divina — “sacred seeing” — is an ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us.

<https://biloxidiocese.org> > visio-divina

[Visio Divina Workshop - Catholic Diocese of Biloxi](#)

Visio Divina – “sacred seeing” – is an ancient form of Christian prayer in which we allow our hearts and imaginations to enter into a sacred image, in silence, to see what God might have to say to us. This was on Visio Divina Workshop – Catholic Diocese of Biloxi

This is not in Scripture. An ancient form of Christian prayer. They just come up with this stuff and because people don't study God's Word they believe what they are told. You allow your heart and imaginations / thoughts to enter into a sacred image, in silence, to see what God might have to say to us. Again this is just another repackaging of New Age meditation in the so called churches.

*Please play this video – Explains visio divina. A “sacred seeing.” STOP

1. Select an object or an image (image, photo, icon or art). 2. Gaze at it and be present with it. 3. Attend to what you are experiencing. What is it communicating and how does it make you feel. 4. Pray for God's presence. Ask God to give insight and revelation. It is a spiritual practice where a person connects with God by means of an image or icon. 4 steps: select, gaze, attend, pray. *(about 1.5 min's)

<https://www.youtube.com/watch?v=y5-1yynz8vQ>

Gaze at it and be present with it? Pray for God's presence? When you are a child of God, He is always present with you. His Spirit lives inside of you. **(2 Cor.6:16)**. He is always with you if you are saved through Jesus Christ and baptized into The Holy Spirit. **(Matt.28:20)** If you are living a righteous life. One sure fire way God speaks to you is when you read His Word. And when you pray with a pure and sincere heart, God is right there always listening to His children. He answers our prayers and He interacts with us all the time. But this nonsense right here, is another means of having you space out and connect to something that isn't God.

Notice The Roman Catholic Church is promoting these New Age occult practices. These are variations of New Age meditation. A way to get you into New Age meditation and away from Jesus. Remember when you begin to practice these unbiblical things, you will be connected with an entity or entities and it or they will be from the kingdom of darkness.

CLOSING

2 Tim.2:24-26 – And the servant of the Lord must not strive; but be gentle unto all *men*, apt to teach, patient, In meekness instructing those that oppose themselves; if God peradventure will give them repentance to the acknowledging of the truth; And *that* they may recover themselves out of the snare of the devil, who are taken captive by him at his will.

We are to gently instruct those who are against the truth. In the hopes that perhaps God will change their hearts and they will learn the truth. Then they will come to their senses and escape the devil's trap. For they have been held captive by him to do his will.

There are people practicing these things who are not seeking Jesus but for those who believe these things are godly practices, they are caught in satan's trap and they are doing his will. Share these messages so others can hear the truth and come out of the devil's trap.

PRAYER

https://en.wikipedia.org/wiki/Centering_prayer

Centering Prayer

<https://www.youtube.com/watch?app=desktop&v=e3Ef870p58s>

What is Visio Divina?

<https://www.youtube.com/watch?v=y5-1yynz8vQ>