

# SC 600 - Contemplative Prayer & Meditation

## Exam Instructions

**Thank you for enrolling into SC 600 - Contemplative Prayer & Meditation. A Christian Perspective. This is your online examination. Please follow these instructions:**

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on "Next" to go to the next question.
- Use the "Next" and "Previous" buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the "Submit All" button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

If you have any questions, please contact us at: [info@aihcp.org](mailto:info@aihcp.org)

Full Name:

---

Email:

---

AH Number:

---

**1.** Christian Meditation is based on the fact that God has spoken to the world.

- A) True
- B) False

**2.** Meditation that seeks to escape the world because God is not part of it is based on Eastern Traditions.

- A) True
- B) False

**3.** The ideals of Plotinus resemble a mediation that is...

- A) Christian
- B) Eastern aka Hinduism, etc.

**4.** Meditation can be only meaningful if based on the assimilation of God's word about himself and the world.

- A) True
- B) False

**5.** The Quran is capable of communicating God's inner depths in meditation.

- A) True
- B) False

- 6.** Christian Meditation can only begin where God via the Second Person of the Trinity reveals himself as a man
- A) True
  - B) False
- 7.** Christian Meditation is not Trinitarian.
- A) True
  - B) False
- 8.** In Christian Meditation we force ourselves into the knowledge of the absolute.
- A) True
  - B) False
- 9.** God explains his Trinitarian existence via the \_\_\_\_
- A) Father
  - B) Son
  - C) Holy Spirit
- 10.** An inner stillness is a necessary pre-requisite for Christian Meditation.
- A) True
  - B) False
- 11.** Believers naturally possess a quiet hidden chamber of silence for meditation.
- A) True
  - B) False
- 12.** Christian Meditation does not require lengthy psychological adjustments to prepare the mind and soul.
- A) True
  - B) False
- 13.** In meditation, the petition of the believer coincides with.....
- A) The needs of the world
  - B) his/her needs
  - C) God's will
- 14.** Christian Meditation utilizes Scripture and its stories as a starting point into meditation.
- A) True

B) False

**15.** In Christian Meditation, we should not become observers within the biblical story or event of Christ.

A) True

B) False

**16.** No personal effort is required in Christian Meditation because the Spirit fully takes over.

A) True

B) False

**17.** In Christian Meditation, we do not meditate on the text itself but to who the text points to, namely Jesus Christ.

A) True

B) False

**18.** All five meditations on sin within St. Ignatius' Spiritual Exercises end with a conversation with Christ the crucified.

A) True

B) False

**19.** In meditation, there is a clear cut demarcation between the intellect and the will.

A) True

B) False

**20.** The silence of God and Jesus is never meaningless.

A) True

B) False

**21.** Meditation never feels arid, dry or desolate.

A) True

B) False

**22.** The Lord is testing us and our will when meditation seems less fulfilling

A) True

B) False

**23.** Every silence within meditation is meaningful.

A) True

B) False

**24.** The time of dwelling on the biblical text or mystery of Christ does not differ between lay people and contemplative life.

A) True

B) False

**25.** The first neo-Platonic stage in Christian Meditation is \_\_\_\_.

A) purgation

B) union

**26.** The final state in Christian Meditation is \_\_\_\_.

A) union

B) purgation

**27.** The idea of Christian union with God differs from the Eastern union with God.

A) True

B) False

**28.** The Old Testament form of union was a dialogical relationship between Israel and Yahweh.

A) True

B) False

**29.** Unity with the Trinity starts with the....

A) Father

B) Son

C) Holy Spirit

**30.** The Marian way seeks union with God by accepting the Son into your very essence and doing God's will.

A) True

B) False

**31.** As Mary was at times without Jesus, so sometimes we may feel desolate. The Marian Way speaks of meditation as sometimes being a mediation that is lost in the \_\_\_\_.

A) world

B) desert

C) sea

- 32.** The Ecclesial Way looks at the union between God and us as the analogy of the father and the son.
- A) True
  - B) False
- 33.** The Ecclesial Way emphasizes not only a personal union, but also a communal union with the whole church.
- A) True
  - B) False
- 34.** Meditative prayer can be combined with group dynamics and charismatic behavior.
- A) True
  - B) False
- 35.** While prayer is personal, it is not private. Every prayer is made within the union of the Communion of Saints
- A) True
  - B) False
- 36.** Common Liturgical Prayer requires the disciplined behavior of all.
- A) True
  - B) False
- 37.** In Christian Meditation, unlike Eastern, the Christian will find God's fullness in the world.
- A) True
  - B) False
- 38.** The biblical text comes alive to the Christian in meditation, surpassing its historical barriers and speaks to the believer via Christ.
- A) True
  - B) False
- 39.** The ultimate proof that God engages in the drama of his creation is based upon his suffering and death upon the cross.
- A) True
  - B) False
- 40.** Christian Meditation pushes on back into the world because it is based upon Trinitarian love.
- A) True
  - B) False

**41.** Christian Meditation hopes to seize possession of God rather than surrender to God.

- A) True
- B) False

**42.** The Greek word that expresses God's economy in the world and his dedication and involvement is called  
oikonomia

- A) True
- B) False

The following questions come from CHRISTIAN MYSTICS

There will not be as many questions on this text, since part of your work from this text will result in a short paper on a particular mystic of your choice.

**43.** A mystic is a person who is deeply aware of the powerful presence of the divine Spirit.

- A) True
- B) False

**44.** In the beginning, Christian mysticism was fed by two primary streams: The Jewish heritage and \_\_\_\_\_.

- A) Roman thought
- B) Greek thought
- C) writings of St. Paul
- D) early Christian monasticism

**45.** Christian mystics are

- A) men and women
- B) religious orders and priests
- C) lay people
- D) All of the above

**46.** The highest state a mystic can achieve is Unitive Life

- A) True
- B) False

**47.** Theocentric mysticism focuses directly on God.

- A) True
- B) False

- 48.** The early beginnings of Christian Mysticism began in the \_\_\_\_ century.
- A) 1st
  - B) 3rd
  - C) 2nd
  - D) 4th
  - E) 5th
- 49.** Many of Clement of Alexandria's writings were directed against the Gnostics.
- A) True
  - B) False
- 50.** Origen was not a controversial theologian in the eyes of the Church.
- A) True
  - B) False
- 51.** The Mystical writings, The Life of Moses was written by:
- A) Clement
  - B) Gregory of Nyssa
  - C) Augustine
  - D) Dionysius
- 52.** Dionysius wrote, Mystical Theology.
- A) True
  - B) False
- 53.** Augustine did not write, The Confessions.
- A) True
  - B) False
- 54.** The Canticle of Brother Sun was written by St. Francis
- A) True
  - B) False
- 55.** Hildegard's thought revolved around holistic remedies and healing.
- A) True
  - B) False

**56.** This mystic was responsible for convincing the popes to return to Rome from Avignon.

- A) Catherine of Sienna
- B) Catherine of Genoa
- C) St. Francis
- D) Bonaventure

**57.** The Interior Castle was written by St. Theresa of Avila

- A) True
- B) False

**58.** The leading representative of Lutheran mysticism is \_\_\_\_ \_\_\_\_.

- A) Jacob Boehme
- B) Martin Luther
- C) John Calvin

**59.** A Byzantine contemplative and ascetical movement that integrates repetitive prayer formulas is called hesychasm

- A) True
- B) False

**60.** A modern mystic who combined Zen Buddhist ideals with Catholic contemplation is \_\_\_\_ \_\_\_\_.

- A) Pierre Teilhard de Chardin
- B) Thomas Merton
- C) Francis de Sales