

# **Meditation**

*Jim Downing*

## I. Introduction.

- A. God exalted His Word above His name. (Psalm 138:2)
- B. God's Word is alive and sharper than a two edged sword. (Hebrews 4:12)
- C. We need to feed on the Word to be healthy Christians, we need to study the Word to be intelligent Christians, we need to memorize the Word to be skillful Christians, and we need to meditate on the Word to be spiritual/fruitful Christians.
- D. The happy person is one who meditates in the Word day and night. (Psalm 1)

## II. Meditation explained.

- A. Meditation is rumination - a cow chews something up and stores it up for later.
  - 1. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.
  - 2. We transfer the life into us in a similar manner through meditation. The words of Christ are the words that we are to feed upon.
- B. Christ comes in the volume of the book. Scripture is not a barrier to Christ, but access to Him. The Words Jesus speaks are Spirit and life. (Psalm 40:7, John 6:63)

## III. Meditation and the subconscious mind.

- A. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.
- B. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose. There is a communication breakdown.
- C. The only legitimate use of the subconscious mind is to meditate on the Word of God. As we sleep it will keep us. (Proverbs 6:22)

## IV. How to get started.

- A. Suggestion about starting your 'morning' quiet time.

1. The time to start your quiet time is three to four minutes before you drop off to sleep. Make sure the last waking thought you have is something from the Word of God so that it goes into the subconscious mind.

2. Find a command from the Lord and close the book right before going to sleep so you have that to think about.

3. David even sought to reinforce the subconscious by waking at midnight for meditation. (Psalm 119:62)

4. There is a sequence to meditation. (Psalm 119:97)

B. God has taken the responsibility to watch over us 24 hours a day. He observes when we have need of some spiritual nourishment. We can invoke God to engage in the process. (Isaiah 27:3)

Application questions.

1. What is meditation? Why is the use of the mind so important for the Christian life?

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2. Outline the process the speaker suggests for meditation. What stood out to you?

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3. What is your plan? How will you enhance your personal meditation on God's word?

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