

Meditation on God's Word

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I. The Bible is clear that we are to meditate on God's Word, but why is this so important?

A. We must remain in contact with Christ, the life giver, just as a tree must remain in contact with a river during a drought. (Jeremiah 17:8; John 15:5)

B. Only those who meditate on the word of God will be able to bear fruit. (Psalm 1:2-3)

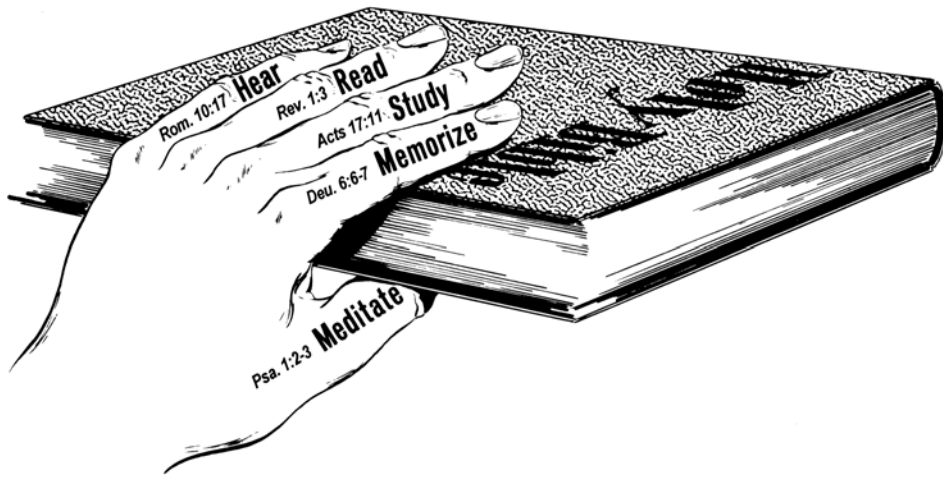
1. What is fruit?

a) Plants produce fruit out of the excess nourishment they receive which is not used for sustenance and growth.

b) In the Christian life fruit is the overflow of Jesus Christ in a person.

2. How can we take in Jesus in order to bear fruit?

a) Hearing, Reading, studying, memorizing, and meditating on scripture.



b) Contact with God is made through the Bible. (John 6:63)

II. The process of Meditation.

A. Meditation is similar to rumination, the process by which certain animals re-chew their food in order to maximize nutritional intake from it.

1. As we meditate the life of Christ comes down into us.

2. We must chew this thoroughly, or meditate, to get all that we can.

B. We can use our subconscious to meditate on God both day and night. (Proverbs 6:22)

1. Your last thought before bed is your first when you wake up, make it a thought about the word of God.

III. Implementing meditation in your life.

- A. Decide at least a day in advance what portion of scripture you will meditate on.
 1. Just before sleep read this passage and ask God to speak to you through it.
- B. Find a systematic way to read the word.
 1. Try reading through Psalms each month.
- C. Be certain to get the word into your unconscious.
 1. The moments just before sleep and while awake during the night are key.
- D. Find ways to systematically meditate throughout the day.
 1. Use a watch, clock, event, etc.
- E. Start now!