

A Vision for Disciplemaking
Key Men's Conference

February 20-23, 2003

Meditation
Mark Lewis

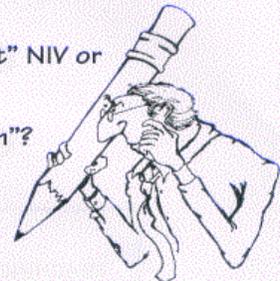
Meditation

Transforming Head, Heart and Life

Unscrambling the wires. Changing the core of the can: Taking Christ's Life from the head to the heart to our life.

LET'S THINK ABOUT THIS:

1. What does Paul promise Timothy if he meditates on the Word (Paul's writing)?
2 Timothy 2:7
2. What might be another way to say or understand the word "reflect" NIV or "consider" NASB in 2 Timothy 2:7?
3. In Jeremiah 15:16 what do you think Jeremiah meant by "I ate them"?
4. What insight can you get into the meaning of meditation from?:
Joshua 1:8
Psalms 1:2-3
James 1:25
5. What are the promised results of meditation from the verses in question 4?



WHY MEDITATE?

1. Nature of our natural understanding.

LIFE Choice **DEATH**
Deuteronomy 32:46-47

MIND
Psalm 119:130

MIND
Isaiah 55:8-9

What I think is right can be wrong!

HEART
Psalm 119:9, 11

HEART
Jeremiah 17:9

What I feel is right can be wrong!

LIFE
Psalm 1:2-3

LIFE
Proverbs 14:12

What seems right can be wrong!

2. Nature of how we grow.

2 Timothy 3:16

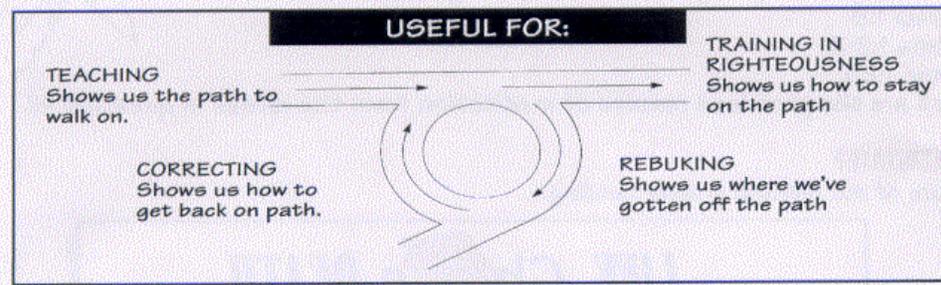
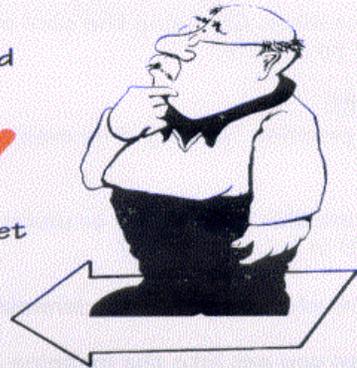
All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

Content Head

Conviction 

Correction Feet

Conduct Path



"Sow a thought, reap an act, sow an act, reap a habit, sow a habit, reap a character, sow a character, reap a destiny." Proverbs 23:7

3. The hidden nature of truth. Colossians 2:3; Proverbs 2:1-6

4. Nature of God's training: Sons who are and will be kings. Proverbs 25:2

WHY MEDITATE?

1. Redrawing our life maps.

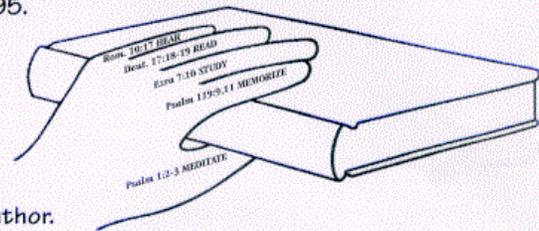


2. It is a prolonged gaze 2 Corinthians 3:18 - 4:6b - John 5:39.
 "That to which you give your attention grows."
 "Meditation is simply thought prolonged and directed to a single object. Your mystic chambers where thoughts abide are the secret workshop of an unseen Sculptor chiseling living forms for a deathless future. Personality and influence are modeled here. Hence, the Biblical injunction: 'Keep thy heart with all diligence, for out of it are the issues of life.'" A.T. Pierson
 "Holding the Word of God in your heart until it has affected every phase of your life...this is meditation." Andrew Murray
3. It is the real key to life change. "The crown fruit of meditation is the changed life."
 Real change occurs at a conviction level. Hebrews 11:1, 6. (Convinced or sure)
 Convictions = Time + Experiences + The Word.
4. Practical Definition: Prayerfully thinking about in order to apply. (PTA)

HOW TO MEDITATE?

Ideas:

1. Starts with questions: The two biggies: What does it mean? What does it mean to me?
2. All of life through the grid of Scripture: Psalm 119:95.
3. Use your thumb with your fingers.
4. Scripture Memory: Emphasize different words, phrases.
5. Q.T. Importance of writing down a thought.
6. Journal.
7. Praying over promises. Passages for each year.
8. Night and day? Review or read before bed.
9. Take on a different role. A teacher, an artist, an author.
10. Senses and emotions, then reflect on the meaning.



Exercises

1. Emphasize different words as you repeatedly read or quote a verse.
 Practice Example: Colossians 3:16
2. Personalize the verse. Substitute first person, personal pronouns such as "I," "me," "my," in place of the other pronouns.
 Practice Example: James 1:22-25
3. Put yourself in the position of the characters, the author, the recipients, or the bystanders.
 What would you feel, see, hear, smell, do?
 Practice Example: Acts 16:22-27
4. Be an investigative reporter. Ask the questions: Who? What? Where? When? Why? How?
 Practice Example: Ezra 7:10
5. Ask the questions: Is there a command to obey? Is there an example for me to follow? Is there a promise to believe? Is there a sin for me to confess and forsake? Are there conditions I need to fulfill in order to receive the results? What does this teach me about God and His character?
 Practice Example: Psalm 119:97-104
6. Compare with similar passages.
 Practice Example: Ephesians 5:15-20 and Colossians 3:15-17
7. Meditate (PTA) on Psalm 1

May God help us to say: "O how I love Thy law; it is my meditation all the day." Psalm 119:97
 "Let the words of my mouth an the meditation of my heart be acceptable in Thy sight, O Lord, my rock and my Redeemer." Psalm 19:14 NASB