

MEDITATION

"Oh how I love your law! It is my meditation all the day." Psalm 119:97

What is Biblical Meditation?



Psalm 1:1-3

Tree with deep roots bears fruit regardless of circumstances

Principles for Biblical Meditation

Point of meditation is twofold:

God—His attributes and actions. Ps 63:6; Ps 77:12

God's Word—His promises, His commands, His warnings Ps 119:15

Purpose of meditation is to know, love and obey God; to be more pleasing to Him, to bring more honor to Him. Mt 22:37; Ph 3:8

"The golden rule for understanding spiritually is not intellect, but obedience." Oswald Chambers, My Utmost for His Highest

The goal of the Christian life is "to be a fruit-bearing disciple of Jesus Christ regardless of the adversities that may come his way." Jim Downing, *Meditation*

Promise of meditation is success. Success as defined by God. What is God's desire for us? To become in practice, faithful and Christlike, who we are positionally. Rom 8:28-29; 2 Cor 3:18; 1 Thess 4:7

Power of meditation is through transforming mind, emotion and will. Thoughts are renewed; Beliefs turn into convictions; Perspective becomes eternal; Emotions are healed; the Will becomes submissive to the Will of God.

Practice of meditation is simple and available to all; yet, it eludes most believers.



Hindrances to Biblical Meditation

People

Things

Time and Priorities

Problem is NOT time, but priorities. Issue is NOT Learning, but Love.

How much time do you _____ each day?

What NOT to Meditate on?

- Sins of others
- Sins already confessed and forgiven
- My failures, inadequacies
- The past; The future
- Vain imaginations
- Wrongs done to me; Revenge
- Lust
- Fantasy; nothingness
- How to answer adversaries when brought to trial
- Lies of Satan

“The most powerful psychological weapon that Satan uses against Christians...low self-esteem.”
David Seamands, Healing for Damaged Emotions

Practical Ways to Biblically Meditate



Emphasize each word

Exercise: Isaiah 40:31

Personalize a verse

Exercise: Titus 3:5

5W's and 1H

Scripture Memory and review

Exercise: Memorize Psalm 119:97. **O how I love your law! It is my meditation all the day long.**

Quiet Time pages

Triggers to remind until habit is developed

Accountability

Application

What impressed me most? (command to obey, sin to confess, warning to heed, promise to claim, knowledge about God)

Where do I fall short?

What, by God's grace, do I intend to do about it this week?

Questions?

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Excerpts from a book review by Ken Boa of *The Pursuit of God*, by AW Tozer

Tozer was a firm believer that if a person is called to know Him, that it is a reality and God is inviting him and God is speaking to the soul, saying, "Come away with me to a quiet place and let us be together. Let us commune and enjoy sweet fellowship. Let us move away from the trials and strains of the world for a season. Let us move away from that."

"The heart that responds to God's quiet call will be rewarded because God is a person. It can't be achieved in one encounter, but it is a response of personality to personality."

He [Tozer] understood that there is the soul's paradox of love, to have found God and to still pursue Him...to be satisfied and yet you hunger for more...God waits to be wanted...Tozer says "We must simplify our approach from Him. We must strip down to essentials, and they will be found to be blessedly few, and put away all our effort to impress and come with the guileless candor of childhood. If we do this God will quickly respond. There is little that we need other than God Himself. The evil habit of seeking 'God and' prevents us from finding God in His full revelation."

"Oh, God, I have tasted Thy goodness and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need of further grace. I am ashamed of my lack of desire. Oh, God, the trying God, I want to want Thee, I long to be filled with longing. I thirst to be more thirsty still...Begin a new love within me...give me the grace to rise and follow Thee up from the misty lowland in which I have wandered so long."

"The real treasures are inward and eternal. Everything is safe which we commit to Him and nothing is really safe which is not so committed."

"Father, I want to know Thee, but my heart fears to give up its toys. I can not part with them without inward bleeding, but I can not hide from Thee this terror of their parting. I come trembling, but I do come. Please root from my heart all those things which I have cherished so long and which have become a very part of my living self so that Thou may enter and dwell there without a rival."

"The world is perishing from the lack of the knowledge of God and the truth is famishing for want of His presence." What keeps us from entering the presence of God is a veil, "the veil is woven of the fine threads of the self-life, the hyphenated sins of the human spirit. To be specific, the self-sins are these: self-righteousness, self-pity, self-confidence, self-sufficiency, self-love and a host of others like them."

"Self is the opaque veil that hides the face of God from us. We must bring our 'self-sins' to the Cross for judgment and our part is to yield and to trust."

He [Tozer] talks about the cultivation of the art of 'spiritual sensitivity' and 'receptivity.' We suppose that a little shot here and five minutes there and we can somehow become intimate with God. Trust in obedience and humility are the keys to this process.

"Come at once to the open Bible expecting it to speak to you." "Oh, Lord, teach me to listen. The times are noisy and my ears are weary with a thousand raucous sounds..."

QUIET TIMES ALONE WITH GOD

Exercise 1

JEREMIAH 15:16

THEME: MEDITATION

PASSAGE FOR MEDITATION: Psalm 1:1-3

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Psalm 119:27

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Psalm 63:6

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

Exercise 2

THEME: MEDITATION

PASSAGE FOR MEDITATION: Colossians 3:16

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Psalm 145:5 , Psalm 143:5

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Isaiah 26:3

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

JEREMIAH 15:16

THEME: MEDITATION

PASSAGE FOR MEDITATION: Psalm 86:15

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Jeremiah 9:24

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Psalm 103:11-13

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Philippians 1:6

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: 1 John 3:1

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: Psalm 19:14

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?