

The Value of Meditation

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Introduction: Spiritual Focus through the Meditation of God's Word.

A. In contemporary society our Adversary the Devil, *it seems*, majors in these three things: Noise, hurry, and crowds!

1. For the more we are distracted and preoccupied, the more difficult it is for the Christian to focus him or herself on godly, spiritual things.

B. One of the great ways we can keep our spiritual focus each day is by meditating on God's word.

1. Every Christian must develop a daily discipline of meditation upon God and His precepts.

C. Unlike eastern religions or worldly concepts, *Biblical* meditation will help us to draw near to God each day and keep the word of God close to our heart.

I. What does it mean to Meditate?

Note: When we mediate, we are to reflect carefully and deeply upon God, His word, our conduct and our relationship to the Lord (**Phil. 4:8**)

A. Definitions and Scriptures.

1. Meditation: "A devotional exercise of or leading to contemplation"; Meditate: "to reflect on, to contemplate" (Webster).

2. The Bible uses two different Hebrew words to convey the idea of meditation:

a. SIYACH [22x] - to ponder, to meditate, to consider, to put forth thoughts (e.g., **Ps. 119:148**).

b. HAGAH [26x] - to ponder, to plot, to meditate, to devise, to imagine (e.g., **Ps. 63:6**).

3. The Bible uses one Greek word in the N.T. to convey the idea of meditation (The word being used only twice: **Acts 4:25; 1 Tim. 4:15**).

a. MELETAO - revolve in mind, to meditate, to devise, to contrive, to take care of, to ponder.

Note: Timothy is commanded by the apostle Paul to rehearse or go over in his mind what he has been instructed to do. - And he is commanded to give himself "entirely to them".

B. To meditate is to engage in an intense consideration of spiritual matters.

1. The godly Christian will engage in meditation (**Ps. 1:1-2**).

2. Meditation is not an occasional event; it is a constant, daily activity.

II. How Do We Meditate?

A. It is not the same as Bible study (e.g., **Acts 17:11**).

1. Many Christians often confuse Bible study with meditation.

2. When you study the Bible for an hour, you may have learned a lot and acquired a lot of knowledge, yet you may not have necessarily *meditated*.

3. Studying the Bible gives us a basis for meditation, because it involves the acquiring of knowledge and facts.

4. Meditation is the process by which we examine those facts and see how they affect our lives, and how they fit into the big picture of knowing God better (e.g., **Ps. 119:15**).

B. Christian meditation is **not** the same as meditation of Eastern religions.

1. Eastern meditation is an attempt to *empty* the mind; Christian meditation is an attempt to *fill* the mind with God's word.
 2. Christian meditation should involve the detachment from all the confusion of the world and the detachment from those things that are evil.
 3. Christian meditation should involve a richer attachment to God and His will (**Ps. 119:15**).
- C. We must have a willing mind and a quiet place (**Ps. 77:6; 19:14; Mk 1:35**)
1. Our minds must be focused: We must deliberately turn our minds towards spiritual things and look at our lives from a spiritual perspective.
 2. We must "discipline [ourselves] for the purpose of godliness" (**1 Tim. 4:7**); godly people are committed to the meditation of their hearts.
 3. A mind that is harassed and divided by the affairs of this world is in no condition for meditation (**Luke 8:14; 2 Tim. 2:4**).
 4. Your mind must be willing and focused on the task of meditation.
- B. The forms of meditation.
1. Meditate on Scripture (**Ps. 119:97**).
 2. Select a passage or verse of Scripture that you have *already studied*.
 - a. Meditation is not a time for technical studies and examination of words.
 - b. It is a time to take the message to heart and apply it personally.
- Example: 1 Pet 1:22** (NKJV) Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart, - What is God saying to me? How can I do what this verse instructs? Why did God command this? How does this verse show God's love for me? Where can I put this verse into action in my life?
- D. Meditate upon the accomplishments and characteristics of God.
1. Meditate upon the accomplishments of God (**Ps. 145:5**), such as Creation, His eternal plan of salvation, His providential care, etc.
 2. Meditate upon the character of God (**Mal. 3:6**) or His name in all that He stands for such as righteousness, holiness, goodness, love, grace, etc.
 3. *The highest goal of meditation is to think more about God!*

III. The Purpose of Meditation.

- A. To come to know God better (**Ps. 77:12-14**).
1. By meditation we draw near to God and He draws near to us.
 2. The presence of the Lord becomes more than just a belief; it becomes a radiant reality in our life. - *That indeed, **God is with us!***
 3. By meditation we allow God a place in our heart and life (**Rev 3:20**).
- B. To build and strengthen our spiritual character in Christ.
1. Spiritual success depends upon our meditation of the law of God (**Josh. 1:8; James 1:22-25; Ps. 119:59**).
 2. Meditation of God and His word will result in better decision-making and direction in life (**Prov. 6:20-23**).
 3. Meditation will comfort us in times of distress and trouble (**Ps 119:23**).
 4. Everyday we need to meditate upon "things above" (**Col 3:1-3**).

Conclusion: May the Meditation of Your Heart be Acceptable in the Sight of God (Psalm 19:14).