

# Becoming Mature in God's Word: *Meditation*

Scripture Reading: Claire Johnston

**Psalm 1:1-3** (NLT)

Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, **meditating on it day and night**. They are like trees planted along the riverbank, bearing fruit each season, their leaves never wither, and they prosper in all they do.

## The Legitimacy of Christian Meditation

**Gen. 24:63** "And Isaac went out to **meditate** in the field..."

**Psalm 63:6** "I lie awake thinking of you, **meditating** on you through the night."

**Psalm 119:148** "I stay awake through the whole night, **meditating** about your promise."

**1 Tim. 4:15** "**Meditate** upon these things; give thyself wholly to the; so your progress may be evident to all."

## The Practice of Meditating on God's Word

### Simplicity

- Meditation is a very simple in both context and practice.
- It's scope intersects with the disciplines of Prayer, Contemplation, Reading the Word, etc.
- It is ultimately about the ability to hear God's voice and obey His Word.

**Hagah:** *To murmur, ponder, imagine, meditate, mourn, mutter, moan, growl...  
Expressed in joy or in anger...*



- Remember, **Meditation** is a function of the *Lamad* kind of learning...**engaging us** in an **experience with the living God** – and as a result, **being changed**...

### To Empty & Fill

- Christian Meditation is **NOT** synonymous with Eastern Religions' or New Age Meditation.
- Eastern Religions and New Age Meditation focuses on emptying the mind, and detachment.
- Christian Mediation is all about filling the mind with God's Truth and presence.

### Luke 11:24-28

<sup>24</sup> "When an evil spirit leaves a person, it goes into the desert, searching for rest. But when it finds none, it says, 'I will return to the person I came from.' <sup>25</sup> So it returns and finds that its former home is all swept and in order. <sup>26</sup> Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. **And so that person is worse off than before.**" <sup>27</sup> As he was speaking, a woman in the crowd called out, "God bless your mother—the womb from which you came, and the breasts that nursed you!" <sup>28</sup> Jesus replied, "**But even more blessed are all who hear the word of God and put it into practice.**"

## To Internalize & Personalize

- **Jesus Taught in Parables**
  - Common, Relatable, Experiences
- **Paul Taught that the Stories of Scripture Were Meant for Personal Application**

### Romans 15:4

Everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

### 1 Cor. 10: 6,11,13

Now these things occurred as examples to keep us from setting our hearts on evil things as they did...These things happened to them as examples and were written down as warnings for us...No temptation has overtaken you except what is common to mankind.

*Whereas the study of Scripture centers on exegesis, the meditation of Scripture centers on internalizing and personalizing the passage. The written Word becomes a living word addressed to you. This is not a time for technical studies, or analysis, or even gathering of material to share with others. Set aside all tendencies towards arrogance and with a humble heart receive the word addressed to you.*

– Richard Foster *Celebration of Discipline*

*...Open your New Testament. At one time you are the publican: at another time you are the prodigal...at another time you are Mary Magdalene: at another time, Peter on the porch...Till the whole (Bible) is all over autobiographic of you.*

*-- Alexander Whyte*

## To Hear & Obey

Jesus Was Constantly Meditating...

### John 5:19, 30; 17:13-14, 17-18

"I tell you the truth, the Son can do nothing by himself. **He does only what he sees the Father doing.** Whatever the Father does, the Son also does. <sup>20</sup>For the Father loves the Son and **shows him everything he is doing... I can do nothing on my own. I judge as God tells me.**

"Now I am coming to you. I told them many things while I was with them in this world so they would be filled with my joy. <sup>14</sup>**I have given them your word...** Make them holy by your truth; **teach them your word, which is truth.** <sup>18</sup>Just as you sent me into the world, I am sending them into the world.

**You can't learn meditation from reading a book or hearing a sermon. You learn to meditate by meditating...**

