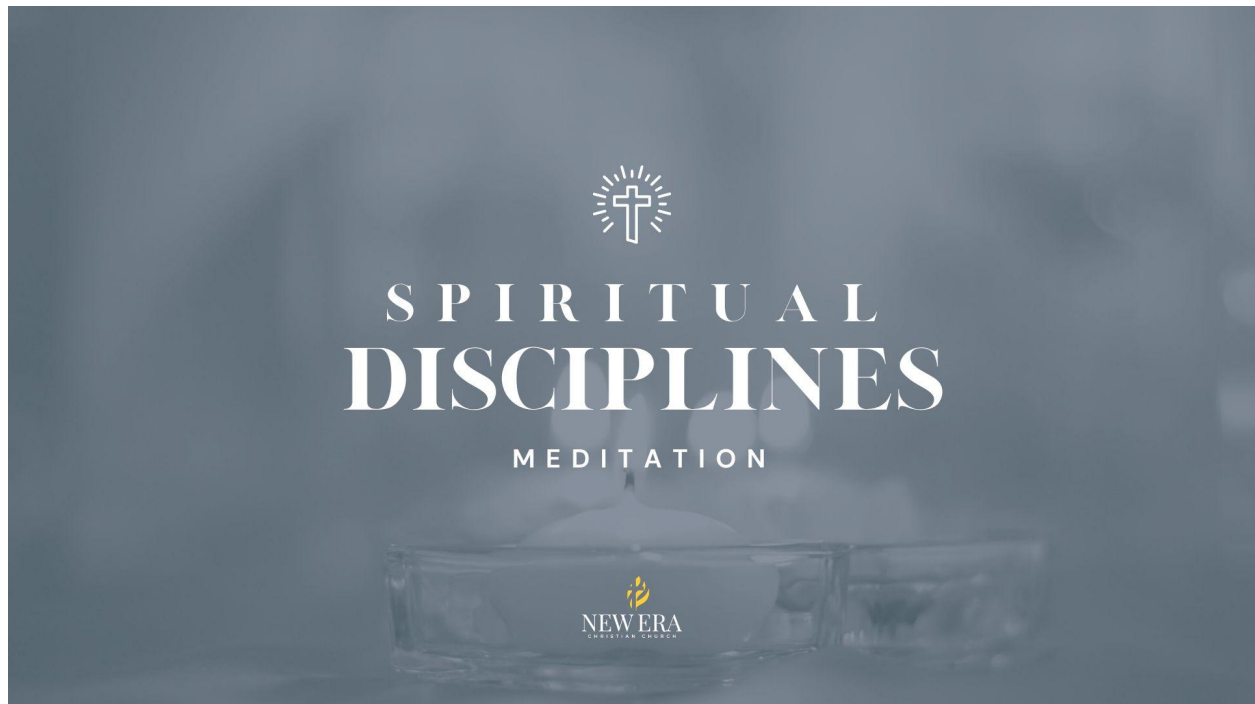




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2/8/2023

Introduction:

MEDITATION- focused solely on the Word of God and what it reveals about him.

Meditation in the Bible involves a pondering of God's Word and a deep reflection upon its truths.

Meditation is not a Discipline of Eastern religions and New Age. Meditation rests at the core of Christian spirituality. It's an invitation to apprehend God. Meditation runs counter to our busy culture, where speed reading, first impressions and skimming are as deep as we go. In meditation we gaze at something or someone long . We seek the treasure and truth of what we see. Just as moving a prism reveals different bands of color, meditation allows God to shine his truth and light into our hearts.

When you think about the word Meditation, what comes to mind?

- People have different images come to mind when they hear the word *meditation*.
- For some, meditation is sitting in a certain position and clearing one's mind for relaxation.
- Others believe it is a spiritual discipline of focusing on a key word or image for an extended period of time.
- Some think of meditation as emptying oneself of all thoughts and emotions.

Meditation is not about emptying the mind so there is nothing there. Christian meditation opens us to the mind of God and to his world and presence in the world. As we enter times of mediation, it is important to let go of our preoccupations so we can focus our minds and become present to God. Our minds are naturally designed to make associations and follow tangents. Meditation is a way we train the mind to stay put so it can explore appropriate associations. Simple physical exercises like stretching, sitting comfortably, and breathing deeply can help us pay attention, listen deeply and even curb our distractibility. These exercises are not an end in themselves. They seek to put body, mind and spirit on the same page so we can better pay attention to God and treasure what he reveals.

To meditate on Scripture, choose a verse, chapter, or book of the Bible. Don't hurry. Listen to the Scripture. Write down your questions. Use your imagination. You may wish to memorize a short part of the text to keep it clearly before you. Like a cow chewing the cud, keep returning to your text with your mind and heart. When you are distracted, gently return to your text. Express once again your desire to pay attention.

How important is meditation to a believer?

- When Joshua was told to meditate constantly on God's law, his meditation was to make him "careful to do everything written in it" ([Joshua 1:8](#)).
- Thinking on God's Word and His character is the focus of meditation, and its goal is obedience.
- Focusing on the Bible and God's ways will help us in our walk with God: "I have hidden your word in my heart that I might not sin against you" ([Psalm 119:11](#)).

A spiritual kingdom lies all about us, enclosing us, embracing us, altogether within reach of our inner selves, waiting for us to recognize it. God Himself is here waiting our response to His Presence. This eternal world will come alive to us the moment we begin to reckon upon its reality.

MEDITATION

DESIRE - to more deeply gaze on God in his works and words.

DEFINITION- Meditation is a long, ardent gaze at God, his work, and his Slowing down and giving one's undivided attention to God is the core of Christian mediation.

SCRIPTURE - Do not let this Book of the Law depart from your mouth meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful (**Joshua 1:8**)

- ❖ If I'm sleepless at midnight, I spend the hours in grateful reflection. (**Psalms 63:6**)
- ❖ I'll ponder all the things you've accomplished, and give a long, loving look at your acts. (**Psalms 77:12**)
- ❖ May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer. (**Psalms 19:14**)

PRACTICE INCLUDES - mulling over, chewing on and ruminating over God's Word and its application.

- Meditating on people; seeing them as God sees them pressing delight in them as he does.
- Paying attention to God with your body by slowing down relaxing and breathing deeply.
- Meditating on Jesus and on Scripture.

GOD-GIVEN FRUIT

- Developing sight for the interior things of God in the natural and external world.
- Seeing beyond a first glance and first impression to the God.
- Developing depth of insight.
- Developing a love for gazing on God.
- Experiencing calmness, serenity, and quietness from an awareness of the nearness of God.

REFLECTION QUESTIONS

1. How would you characterize your ability to pay attention?
2. When do you find it easiest to focus your mind or heart?
3. How might the tendency to do everything quickly affect your ability to meditate.
4. What is your gut reaction to the word *meditation*?

SPIRITUAL EXERCISES

1. Prepare yourself to meditate on Scripture by choosing a comfortable and quiet place. Do not rush. Stretch, arrange your chair, take off your shoes. Sit in a position that you can maintain without effort or attention. Place yourself in the presence of God. Release your anxieties and to-do list to the Lord. Ask him to open your heart to his word.
- Read Psalm 139, Psalm 86, Psalm 42, or another short passage from Scripture.

- Take your time, and when a word "**lights up**" for you stop and attend. Let the word or phrase roam around in your mind and heart. What do you hear? What feeling do notice in yourself? Write down any questions that surface.
 - When your mind wanders, gently bring it back and continue you not feel you have to finish anything. Take your word with you. row with the same passage.
2. Take a walk-in nature, meditating on the handiwork of God. The lilies the birds of the air spoke to Jesus of God's care ([Matthew 6:26-31](#)) speak to you in his creation?
 3. Meditate on the news. How is God speaking to you through current events? Is he inviting you to see the world through his eyes in some new way? Is he inviting you into prayer in a new way?
 4. Meditate on the great truths of the faith using the word a confession of faith. Spend time deeply entering into the words and their meaning.

Conclusion:

The Bible's view of meditation is different from what the world tells us it is. Modern teachings on meditation stem from false religions: [transcendental meditation](#), for example, finds its roots in Hinduism. Secular views on meditation may see it as a healthy way to relax and remove stress from one's life. Ultimately, non-biblical forms of meditation, whether from Hinduism or from secularism, cannot provide lasting peace, as only Christ can give true and enduring peace ([John 14:27](#)).

Christians should follow the Bible's teaching on meditation and meditate on God and His Word, not on ourselves or the things of this world. We should not participate in the world's version of meditation, but instead meditate on God's Word and allow it to transform us ([Romans 12:2](#)).