

# SPIRITUAL AND BIBLICAL MEDITATION

## Introduction

- 1) **Joshua 1:8** – Joshua was instructed to **meditate** in the Book of the Law “day and night”
  - a) Necessary that he may “observe to do according to all that is written in it”
- 2) One of the things that many Christians lack today in our fast-paced, instant gratification society is the blessing gained from careful and focused spiritual **meditation**
  - a) This is an important spiritual discipline that brings one closer to God, and helps one become more godly in character and behavior; other disciplines = prayer, fasting, giving, etc.
- 3) Beware of what is called **Transcendental Meditation** (TM) – technique of mantric meditation claimed to help one reach higher levels of consciousness; a New Age/Eastern religion [Hinduism] practice of looking within oneself to find enlightenment (Jer. 10:23; Prov. 14:12)
  - a) Some in Christian denominations will meditate for the purpose of experiencing the divine, or to receive some kind of revelation – empty mind to find truth within (subjective)
- 4) Biblical meditation focuses the mind on God and His revealed truth (objective Psa. 119:105)

## I) **The Focus of Meditation**

- A) Proper meditation focuses the mind upon...
  - 1) **The Lord Himself** (Psa. 63:1-8)
  - 2) **His wonderful works** (Psa. 77:10-14)
  - 3) **His revealed Word** (Psa. 119:14-16, 23-24, 46-48, 97-99, 147-148)
  - 4) **Things true, noble, just, pure, lovely, of good report, virtuous, praiseworthy** (Phil. 4:8)
- B) Biblical meditation dwells on the revealed truth about God, His creation, and His will for man today (Jn. 14:6; 17:17); other religious meditations seek alternate ways and knowledge
  - 1) God has already provided for us all things that pertain to life and godliness (2 Pet. 1:3)
  - 2) We need to focus our minds and lives on the Lord and His “present truth” (2 Pet. 1:12)

## II) **The Benefits of Meditation**

- A) **Spiritual joy and strength** (Psa. 1:1-3)
  - 1) Every meditating thought about God provides strength and faith (Isa. 40:25-31)
- B) **Enhance our spiritual transformation** (Rom. 12:2)
  - 1) Requires a “renewing of the mind” – changed focus and pattern of thinking
  - 2) We must “set our minds” on things above, not on things on the earth (Col. 3:1-2)
    - a) “Put off” evil and “put on” godliness to become more like Christ (Col. 3:5-15)
- C) **Overcome ignorance, apathy, and sin**
  - 1) Many fall because they “set their minds” on the wrong things (Rom. 8:5-8)
    - a) Repeated viewing of and/or participation in evil things will affect our heart
  - 2) Meditation on Bible truths helps plant God’s word firmly in our minds so that we are not ignorant, apathetic, or caught up in sin (Psa. 37:30-31; 119:11)

## III) **How to Meditate**

- A) Preferably a quiet time and place (cf. Gen. 24:63), but one can think upon truth at any time!
- B) Be very selective about what you allow to enter and captivate your mind (2 Cor. 10:5)
- C) Read God’s word – think about what is being said, why, to whom, and how I should apply it to my own life; what should I do, or not do, what choice should I make (2 Tim. 2:15)

## Conclusion

We should want the Word of God in our heart so that it will affect every part of our life – meditation is an important and indispensable part of that process (Psa. 19:14). Hear God’s word, obey it, and hide it in your heart!