CM – Christian Meditation

Psalm 1:2

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I. Christian Mediation starts with the WORD of God

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This is in sharp contrast with what the world considers mediation –

I grew up in the age of TRANSCENDENTAL MEDITATION

Maharishi Mahesh Yogi was popular when I was in high school.

His transcendental meditation was endorsed by the Beatles (the Rock group) and his U.S. headquarters were in Fairfield Iowa ... meaning for me they were not far ... we went there on a field trip during my senior year in high school!

In the 1960s / 1970s people would pay $125 for a personal mantra ---

ONE WORD, chooses for you by a certified guru

Your goal was to focus on that word saying it over and over again until you would literally change your state of consciousness

Samadhi – is a strange state of consciousness which in the 70s was called the “zero experience” because it represents an experience beyond thinking!

A thoughtless mindless state which even the teachers of it say cannot be described!

Christian Mediation is just the opposite!

It starts with the Word of God, the entire Bible, not just one word!
Meditation on God’s word or law is supposed to make you think and think deeply, carefully and PRAYERFULLY!

Reading, meditating on God’s Word has the power to change your life –

7 The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple;
8 The statutes of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes;
9 The fear of the LORD is clean, enduring forever; The judgments of the LORD are true and righteous altogether.
10 More to be desired are they than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb.
11 Moreover by them Your servant is warned, And in keeping them there is great reward.
12 Who can understand his errors? Cleanse me from secret faults.
13 Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless, And I shall be innocent of great transgression.
14 Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer. (Psalm 19:7-14 NKJ)

Meditation on God’s word is powerful, because God’s Word is powerful –

12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. (Hebrew 4:12 NKJ)

God’s Word humbles us by showing us our sin –

3 "Blessed are the poor in spirit, For theirs is the kingdom of heaven.
4 Blessed are those who mourn, For they shall be comforted.
5 Blessed are the meek, For they shall inherit the earth.
6 Blessed are those who hunger and thirst for righteousness, For they shall be filled. (Matthew 5:3-6 NKJ)

Poor in spirit literally means bankrupted spiritually
Blessed are they that mourn refers to those who CRY over their sins or their sinful state

Hungering and thirsting after righteousness implies a LACK of RIGTHEOUSNESS

We come to understand our spiritual state through God’s Word –

7 What shall we say then? Is the law sin? Certainly not! On the contrary, I would not have known sin except through the law. For I would not have known covetousness unless the law had said, "You shall not covet."
8 But sin, taking opportunity by the commandment, produced in me all manner of evil desire. For apart from the law sin was dead.
9 I was alive once without the law, but when the commandment came, sin revived and I died.
10 And the commandment, which was to bring life, I found to bring death.
11 For sin, taking occasion by the commandment, deceived me, and by it killed me.
12 Therefore the law is holy, and the commandment holy and just and good.
13 Has then what is good become death to me? Certainly not! But sin, that it might appear sin, was producing death in me through what is good, so that sin through the commandment might become exceedingly sinful.
14 For we know that the law is spiritual, but I am carnal, sold under sin. (Romans 7:7-14 NKJ)

We come to faith through the Word of God -

17 So then faith comes by hearing, and hearing by the word of God. (Rom 10:17 NKJ)

II. Christian Meditation will / should lead us into a relationship with God –

39 "You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me."
40 "But you are not willing to come to Me that you may have life. (John 5:39-40 NKJ)

If rightly read and mediated upon the Scriptures will point us to Jesus Christ and to a relationship with God –

All of the Old Testament points toward His coming!

1. In the Beginning – Genesis 1:1-4; John 1:1-5; 14
2. The Last Adam – Romans 5:12, :14, :18-19; 1 Corinthians 15:20-22
3. The Seed of the Woman – Genesis 3:15
4. The Clothing of God – Genesis 3:7 :21
5. The Better Offering – Genesis 4:1-5; Hebrews 11:4
8. The Ark of Salvation – Hebrews 11:7; Matthew 4:3-44
10. A Priest After the Order of Melchizedek – Hebrews 6:20 – 7:3; Genesis 14:18-20
12. The Offering of the Only Begotten Son – Genesis 22; Hebrews 11:17-19; John 3:16
15. Until Shiloh Comes – Genesis 49:8-12
18. Our Passover Lamb – Exodus 12; 1 Corinthians 5:7
24. Our Kinsmen Redeemer – Exodus 25:25; Ruth
25. The Bronze Serpent – Numbers 21:4-9; John 3:14-16
27. Son of David – 2 Samuel 7:1-17; Luke 1:31-33
30. A King to be Kissed – Psalm 2; Daniel 2 & 7; Revelation 17:14
31. The Good Shepherd – Psalm 23; John 10:11
32. The Cornerstone – Psalm 118:22-29; 1 Peter 2:4-8
33. The Branch (Shoot) – Isaiah 4:2; 11:1-5; Jeremiah 23:5-8; 30:8-9; 33:14-18
34. Born of a Virgin – Isaiah 7:14
35. Born in Bethlehem – Micah 5:2
36. The Unrecognized Suffering Messiah – Isaiah 53; Psalm 22; Zechariah 12:8-10

Understanding God’s Word and our own NEEDS as sinners leads us to Christ:

We are sinners He is the Savior

We are unrighteous, He provides righteousness

We are like sheep, He is our Good Shepherd
We are in darkness; He is the Light of the World

We have lost our way, but He is the Way, the Truth and the Life ...

III. Ultimately, when we combine the truth of God’s Word with a relationship with God through Christ we end up with PRAISE of God!

This is a big part of who we are as humans, we were created for relationship!

*To Know Him Is To Love Him*
Written by Phil Spector-1958

To know, know, know him is to love, love, love him
Just to see him smile, makes my life worthwhile
To know, know, know him is to love, love, love him
And I do

I'll be good to him, I'll bring love to him
Written by Phil Spector, inspired by words on his father's tombstone.
It was first recorded by his first vocal group,
the only one of which he was a member, the Teddy Bears.
Their recording went to number one on
the Billboard Hot 100 singles chart in 1958.

In our LOVE songs, we ascribe worth to another person
To KNOW Jesus is to LOVE Him to

Know things about a person without really knowing him or her
We can know things about God, without really knowing God

Knowing God is eternal LIFE –
"And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. (John 17:3 NKJ)

Knowing God, knowing Christ is the best thing!

7 But what things were gain to me, these I have counted loss for Christ.
8 Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ
9 and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith;
10 that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death,
11 if, by any means, I may attain to the resurrection from the dead.
Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me.  
Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead,  
I press toward the goal for the prize of the upward call of God in Christ Jesus.  
(Phi 3:7-14 NKJ)