

## MEDITATION

### 1. MEDITATION'S PROFIT

#### A. Provision

##### i. I Will Know God's Will

1. **Romans 12:2**—*“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”*

##### ii. I Will Know God's Wisdom

1. **Psalm 119:98-100**—*“Your commandments make me wiser than my enemies, for they are ever mine. 99 I have more insight than all my teachers, for Your testimonies are my meditation. 100 I understand more than the aged, because I have observed Your precepts.”*  
**ILLUS:** *“He is wise beyond his years.”*

##### iii. I Will Know God's Protection (from sin)

1. **Psalm 119:9-11**—*“How can a young man keep his way pure? By keeping it according to Your word. 10 With all my heart I have sought You; Do not let me wander from Your commandments. 11 Your word I have treasured in my heart that I may not sin against You.”*

##### iv. I Will Know God's Goodness

1. **Psalm 1:1-3**—*“How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2 But his delight is in the law of the Lord, And in His law he meditates day and night. 3 He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.”*
2. **Joshua 1:7-8**—*“Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go. 8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.”*

**NOTE:** “Prosperity” isn't what we see portrayed by many so-called preachers these days, neither is “success.” It's prosperity according to God's economy. It's success in obeying God and seeing the results He promised.

#### B. Preparation

##### i. For Witnessing

1. **1 Peter 3:15**—*“but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence;”*

ii. **For War**

1. **Matthew 4**—“*Jesus said, It is written....It is written....It is written....*”

**ILLUS: Being Prepared**—**Gun needs to be loaded and you better know how to fire it!**

iii. **For Whatever**

1. **1 Timothy 4:7-8**—“*But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and also for the life to come.”*

2. **2 Timothy 3:16-17**—“*All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 so that the man of God may be adequate, equipped for every good work.”*

C. **Pleasure**

-Psalm 119

i. **Joy**

1. “*I have rejoiced in the way of Your testimonies, as much as in all riches.*” (14)

ii. **Delight**

1. “*I shall delight in Your statutes; I shall not forget Your word.*” (16)

**ILLUS: Delight when remembering a meal that you really enjoyed**

iii. **Wonder**

1. “*Open my eyes, that I may behold wonderful things from Your law.*” (18)

**“Reading the Bible is like crossing a lake in a motor boat. Meditation is like crossing that same lake in a glass bottom boat and getting the panoramic view.” –Donald Whitney, *Spiritual Disciplines of the Christian Life***

iv. **Love**

1. “*O how I love Your law! It is my meditation all the day.*” (97)

**ILLUS: Love for a hobby or a sport**

v. **Sweetness**

1. “*How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!*” (103)

2. “*O taste and see that the Lord is good; How blessed is the man who takes refuge in Him!*” **Psalm 34:8**

**ILLUS: Granny, “Oh you’ll like it the way I fix it.”**

3. “*Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander, 2 like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation, 3 if you have tasted [h]the kindness of the Lord.*” **1 Peter 2:1-2**

## 2. MEDITATION'S PRACTICE

### A. *What?*

#### i. What Meditation is:

"The Hebrew word for *meditate* means to 'murmur or mutter'...like a pigeon cooing."  
—Robby Gallaty, *Growing Up*

"Deep thinking on truth and the spiritual realities received from Scripture or on life from a Scriptural perspective for the purpose of understanding, application, and prayer."  
—Donald Whitney, *Spiritual Disciplines for the Christian Life*

"In study we also strive to see the Word of God at work in the lives of others, in the church, in history, and in nature. We not only read and hear and inquire, but we meditate on what comes before us; that is, we withdraw into silence where we prayerfully and steadily focus upon it. In this way its meaning for us can emerge and form us as God works in the depths of our heart, mind, and soul. We devote long periods of time to this. Our prayer as we study meditatively is always that God would meet with us and speak specifically to us, for ultimately the Word of God is God speaking." —Dallas Willard, *The Spirit of the Disciplines*

#### ii. What Meditation is NOT

It is NOT sitting in the floor indian-style touching your thumbs with your middle fingers while humming with your eyes closed.

It is NOT emptying your mind, but rather the *filling* of your mind.

It is NOT mental passivity, but constructive mental *activity*.

It is NOT trying to create an alternate reality, but to reflect on the truth.

### B. *Why?*

#### i. Why do we need to meditate on God's Word? Because we have a heart and a head problem!

1. **Jeremiah 17:9**—"The heart is more deceitful than all else and is desperately sick; Who can understand it?"
2. **Proverbs 14:12**—"There is a way which seems right to a man, but its end is the way of death."
3. **Proverbs 19:21**—"Many plans are in a man's heart, but the counsel of the Lord will stand."
4. **Judges 21:25**—"In those days there was no king in Israel; everyone did what was right in his own eyes."

**Is this not where many are in our culture today? If it's right for you, then it's right?**

#### ii. I've got to guide and guard my heart and my mind, because both are subject to lead me astray with wrong thoughts and wrong feelings.

1. **Proverbs 4:23**—*“Watch over your heart with all diligence, for from it flow the springs of life.”*
2. **Luke 6:45**—*“The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart.”*  
(What’s down in the well comes up in the bucket!)
3. **Romans 12:2**—*“And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”*
4. **2 Corinthians 10:5**—*“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ”*
5. **Philippians 4:8**—*“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”*

**ILLUS: Federal Counterfeit Detectors**

**Three Goals: 1) Repentance, 2) Obedience, 3) Intimacy**

### **C. How?**

#### **i. Memorize It!**

1. **Joshua 1:7-8**—*“Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go. 8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.”*
2. **Colossians 3:16**—*“Let the word of Christ richly dwell within you,…”*
3. **Psalms 119:11**—*“Your word I have treasured in my heart, that I may not sin against You.”*

**ILLUS: Can’t Memorize? What about stats from your favorite sport?**

#### **ii. Read it!**

**ILLUS: Michele Miner and James; Robby Gallaty’s friend and Philippians**

#### **iii. Repeat It!**

1. They say that repetition is the best way to learn something.
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#### **iv. Pray It!**

1. You want to truly impress God’s Word upon your heart and mind, personalize it and pray it back to Him!

**ILLUS: Tea Bag in Water**

**Two Goals: 1) To Know God’s Word, 2) To Apply God’s Word**

Meditation without application is like chewing without swallowing. –Donald Whitney

“A medicine will do no good unless it be applied.” –Thomas Watson

**James 1:22-25**—*“But prove yourselves doers of the word, and not merely hearers who delude themselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; 24 for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. 25 But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.”*

**D. When/Where?**

- i. Meditation can be practiced practically anytime, anyplace, especially if I'd committed God's Word to memory:
  1. I can be on in Manitowoc, Wisconsin, the moon, a ballgame, driving, working, exercising, the shower, dozing off to sleep, intentional moments designed for meditation, and on and on.

**ILLUS: Taking a picture of something so you can reference it later**

- ii. Silence and Solitude are two spiritual disciplines that will foster an excellent environment for meditation upon God's Word. Sometimes that may seem impossible, especially if you're a parent of young children.

**ILLUS: Two older ladies who came to “pinch-hit” for the mother who couldn't find time to have her quiet time because she was constantly needed by her children.**

- iii. Jesus often withdrew to solitary places to be alone with the Father, even if it meant [GASP!!!!], getting up early to do so! (Matthew 14:13, Luke 5:16, Mark 1:35)