BECOMING A BETTER THINKER
PHIL. 4:8 / 2-10-21 / WED

I. FIRST, WHAT IS CHRISTIAN MEDITATION?

A. Various definitions include…
   1. The ability to hear God’s voice, “a gentle whisper.
   2. An inward fellowship with God.
   3. Connecting with God.
   4. In the Bible the phrase most often used is “prayer and meditation.”

B. What should we meditate on?

   2. The Lord’s works-Psalms 77:12.
   3. The Lord’s word-Psalms 119:15.

C. There are a couple of things that often work against meditation.

   1. “Hurry.”
   2. “Multitasking”.

II. SECOND, WHY SHOULD CHRISTIANS MEDITATE?

A. First, it’s a source of joy and strength-Psalms 1:1-3. (“delight” & “like a tree planted…”).

B. Second, it helps us train ourselves to be better Christians-Romans 12:2.

C. Third, it protects our minds-Colossians 3:2.

   1. Christians often meditate on the wrong things-Romans 8:5.
   2. Christian meditation helps us think about the right things-Philippians 4:8.

D. Fourth, the best reason for meditating is that Jesus, no doubt, did.

III. THIRD, HOW CAN CHRISTIANS MEDITATE?

A. Start with a quiet place.

B. Assume a comfortable position.

C. Try one of the following types of meditation.

   1. Meditate on Scripture.