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Meditation Pt 1 Meditate on God

This is our first study from the scriptures on meditation. In this study we cover three points – (i) we meditate on God, (ii) we meditate on all of God’s works, and (iii) we meditate on God’s word.

According to scripture what does it mean to meditate?

To meditate is to think on or think of– by way of an example– an answer
“Settle it therefore in your hearts, not to meditate before what ye shall answer”
(Lk 21:14).

It is from our search of the scripture that we establish our three points–

1. We meditate on God

“When I remember thee upon my bed, [and] meditate on thee in the night watches” (Ps.63: 6).

2. We meditate on all of God’s works

“I will meditate also of all thy work...” (Ps.77: 12). See also Ps.143: 5.

3. We meditate on the law, His word

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success” (Josh.1: 8).

Illustration

David said he understood the scriptures more than his teachers. I remember when Karen and I were Bible College and I got a job during the holidays on a building site. And I met a man that knew more scripture, and had more understanding of the scriptures than I did, yet I was about to begin the final year of my degree and major in Biblical teaching. This puzzled me as all my knowledge of the scholars had puffed me up to think more of myself– I was more interested in what man thought of me–
“For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith”.

Question of the scriptures

i) Why is good to meditate on, think on the scriptures?

Answer from the scriptures

i) Why? Meditation on the scriptures gives us understanding – Ps.119: 99– “I have more understanding than all my teachers: for thy testimonies are my meditation”.
That we observe to **DO** according to all that is written– Josh 1:8– “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein”.

WHY? That we may prosper and have success– Josh.1: 8– “for then thou shalt make thy way prosperous, and then thou shalt have good success”.

You do not have to be on your bed, or your knees to meditate, to think on the Lord, to muse of his wonderful works and His precious words. You can meditate anywhere and at any time. Let us redeem the time and mediate on our God night and day!