

15 05 22

Meditate Pt 2 May the medication of our heart be acceptable to God

This is our second study from the scriptures on meditation. In our previous study we established three points– (i) we meditate on God, (ii) we meditate on all of God’s works, and (iii) we meditate on God’s word. In this study we cover an additional three points (i) Let the meditation of our heart be acceptable to God, (ii) our words reveal the imagination (the meditation) of our heart, (iii) our works reveal the imagination (the meditation) of our heart.

1. Meditation takes place in our heart– may it be acceptable to God

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer” (Ps.19: 14). See also Ps.49: 3.

2. Our words reveal the imagination (meditation) of our heart

“O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh” (Matt.12: 34). See also – Lk 6:45

3. Our works reveal the imagination (meditation) of our heart.

Example i: the wickedness of man reveals their evil imagination – “And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually” (Gen.6: 5). See also– Is.66: 18.

Illustration

Children have little if any buffer on what they say and do– compared to what they listen to, think on and meditate on. Hence a child that is engrossed in violent movies will often out-work violence and unsavoury language in their home without even knowing they are doing so. Whereas, a parent that is spiritually discerning will pick up such changes in their children and seek the Lord’s guidance on how to limit the content that affects their child’s works and language.

Question of the scriptures

How do we war in this spiritual battle and keep our imaginations, the mediation of our hearts acceptable to God, and therefore communicate with words that minister grace unto the hearers and participate in actions that glorify the Lord?

Answer from the scriptures

* When imaginations come to our heart that exalt ourselves we use the weapons, and cast down the imaginations and every high thing– 2 Cor 10:5– “Casting down imaginations, and every high thing that exalteth itself against the knowledge of God”

Be mindful of our words and ask for the Spirit’s help–

- i) to have no “corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers” (Eph.4: 29).
- ii) So that even our rebuke is given in meekness and love–1 Cor.4: 21– “What will ye? shall I come unto you with a rod, or in love, and in the spirit of meekness?”

Be mindful of our actions and “put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof” (Rom 13:14).

Finally, may the meditation of our hearts be acceptable to God! May our words and works reflect godly meditation, as we think on things above, on Psalms and Hymns.