

"Meditation"

INTRODUCTION

1. Venture to say – all have been asked...
 - ^ "What are you thinking about?"
2. When was the last time you were in such deep thought – closed out your surroundings -
 - ^ People remark – "you seemed miles away in thought"
3. **med-i-ta-tion** *n.* **1.a.** The act or process of meditating **b.** A devotional exercise of or leading to contemplation **2.** A contemplative discourse, usually on a religious or philosophical subject.
 - **med-i-ta-tion-al** *adj.*
4. Strong's #s 3191 & 4304 (*Vine's, p. 400*); To consider in the mind, to engage in thought, plan, ponder, muse, think about
5. The word "**meditate**" is found ~14x in 14 verses in the English Bible.
 - ^ "**meditation**" is found ~ 6x in 6 verses in English translations of the Bible
6. Meditation is a great gift to man from our Creator
 - ^ trapped animal – jumps, kick, cries out, aimless nervous activity in the trap
 - ^ man has the ability to ponder the problem – seek a solution
7. Meditation = reflect upon, ponder, contemplate
 - ^ A most rewarding act of homage toward God
 - ^ Provides mental refreshing
8. Acceptable meditation
 - ^ (Psa 19:14 KJV) Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. (*acceptable implies unacceptable meditation is possible*)
9. May God richly bless us in this study.

I. PROBLEM OF EVIL THINKING

A. NOAH'S DAY

1. Evil thinking
 - ^ Gen 6:5 KJV 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.
 - ^ Genesis 6:5 NAS Then the LORD saw that the wickedness of man was great on the earth, and that every intent of the thoughts of his heart was only evil continually.
 - ^ Genesis 6:5 NKJ Then the LORD saw that the wickedness of man *was* great in the earth, and *that* every intent of the thoughts of heart *was* only evil continually.
2. People today
 - ^ meditate on the evil

B. SIMON'S WRONG THINKING (God's gifts are not "for sale")

1. Thoughts not right (Problem was *not necessarily* wanting to buy the ability to perform miracles, but to buy the power to give others the ability to perform miracles; for possible prestige???, or, a way of financial gain \$\$\$???, we don't know all the specifics...but it was evil to think that way and to desire that)
 - ^ Acts 8:22 KJV Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.
 - ^ Acts 8:20 KJV But Peter said unto him, Thy money perish with thee, because thou hast thought that the gift of God may be purchased with money.
2. Do not think evil

^ 1 Cor 13:5 KJV Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

C. DAVID'S PROBLEM

1. David's mistake

^ 2 Sam 11:2 KJV And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman *was* very beautiful to look upon.

2. Looking to lust

^ Mat 5:28 KJV But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

^ Exo 20:17 KJV Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, ...

3. As we think... so we are!

^ Prov 23:7 KJV For as he thinketh in his heart, so *is* he: Eat and drink, saith he to thee; but his heart *is* not with thee.

^ Mat 12:34 KJV O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh :35 A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

II. PROPER SUBJECTS FOR THE FOCUS OF OUR MEDITATION

A. DEITY

1. Remember God on one's bed

^ Psa 63:6 KJV When I remember thee upon my bed, *and* meditate on thee in the *night* watches.

2. Sing praise to God – meditation is sweet

^ Psa 104:33 KJV I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being. :34 My meditation of him shall be sweet: I will be glad in the LORD.

3. Looking to Jesus

^ Heb. 12:2 KJV Looking unto Jesus the author and finisher of *our* faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

B. THE LAW OF GOD

1. God's Precepts

^ Psa 119:15 KJV I will meditate in thy precepts, and have respect unto thy ways.

2. God's Statutes

^ Psa 119:23 KJV Princes also did sit *and* speak against me: *but* thy servant did meditate in thy statutes.

3. God's Commandments

^ Psa 199:48 KJV My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.

4. God's Law

^ Psa 119:97 KJV O how love I thy law! it *is* my meditation all the day.

5. God's Testimonies

^ Psa 119:99 KJV I have more understanding than all my teachers: for thy testimonies *are* my meditation.

6. God's Word

^ Psa 119:148 KJV Mine eyes prevent the *night* watches, that I might meditate in thy word.

C. GOD'S WORK

1. The work of God's hand

^ Psa 143:5 KJV I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

2. God's perfect work

^ Deut 32:4 KJV He is the Rock, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he.

3. The heavens...the firmament

^ Psa 19:1 KJV The heavens declare the glory of God; and his firmament showeth his handiwork.

4. All His works and doings

^ Psa 77:12 KJV I will meditate also of all thy work, and talk of thy doings.

5. God's marvelous doings

^ Psa 98:1 KJV O sing unto the LORD a new song; for he hath done marvelous things: his right hand, and his holy arm, hath gotten him the victory. :2 The LORD hath made known his salvation: his righteousness hath he openly showed in the sight of the heather

D. UPON THESE THINGS

1. That listed in I Timothy 4

^ I Tim 4:15 KJV Meditate upon these things, give thyself wholly to them; that they profiting may appear to all.

2. Specified listing

^ **The departing** – 1 Tim 4:1 KJV Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils;

^ **Remind the brethren** – 1 Tim 4:6 KJV If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ

^ **Refuse fables** – 1 Tim 4:7 KJV But refuse profane and old wives' fables,

^ **Be examples** – 1 Tim 4:12 KJV Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

^ **Read...Exhort...Watch** – 1 Tim 4:13 KJV Til I come, give attention to reading, to exhortation, to doctrine.

3. Think on the virtues

^ Phil 4:8 KJV whatsoever things are true, honest, just, pure, lovely, good report...

E. DEATH

1. An appointment to keep

^ Heb 9:27 KJV And as it is appointed unto men once to die, but after this the judgment:

2. Believe in death

^ Grandparents gone; parents gone; brothers and sisters gone...brethren die!

^ Rev 14:13 KJV ...Blessed are the dead who die in the Lord...

3. Believe what the Scriptures say about – hades!

^ The place of disembodied spirits – Lk 16:19ff

4. Believe what the Scriptures say about – judgment!

^ Acts 17:31 KJV Because he hath appointed a day, in the which he will judge the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead.

^ 2 Cor. 5:10 KJV For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad.

^ Heaven and hell!

CONCLUSION

1. Meditation:

- Aids in acquisition of spiritual knowledge
- Aids in our memory of spiritual facts, teachings, passages of Scripture, etc.
- Warms the heart
- Delivers us from sinful thoughts
- Arouses our will for duty to God, brethren and fellow man
- Profitable way of using odd moments of time that we find available!

2. We can meditate upon:

- Works of creation by the godhead
- Perfectness of God
- Excellence in Christ
- Operations of the Holy Spirit
- Providence of God: God working in the affairs of man today without violating man's freewill
- God's Holy Word – its beauty, perfectness, prophecy, covenant, truth, path for us to follow
- God's promises to us in His Word
- God's warnings in His Word
- The value of our souls
- The value of the souls of others
- The scheme of redemption
- The brevity of our lifetime
- The reality of eternity and an eternal destiny in one of two places for all mankind!

Thanks so much for considering the teachings in this lesson!

Please feel free to make comments, ask questions, or, if you would like to study the Bible free (by phone, or other methods), just contact:

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Websites of Interest:

www.markjward.com

www.jesupchristians.com

www.religiousinstructor.com

Bible Word Studies – "Meditation" – by Mark J Ward

www.religiousinstructor.info

Credits:

Very good material from sermon outline developed by the late Richard K. "Dick" Ward.