

Meditation

"Why do I meditate...Because I am a Christian. Therefore, every day in which I do not penetrate more deeply into the knowledge of God's Word in Holy Scripture is a lost day for me."

Dietrich Bonhoeffer.

I will meditate on Your precepts And regard Your ways.

Psalms 119:15

Is Mediation Really Biblical?

- It depends on what you mean by meditation
- Unbiblical meditation
 - Eastern style of mediation
 - Emptying ones mind to reach a higher consciousness
 - Chanting
 - Yoga
 - Beads
 - Humanistic
 - Emptying oneself to achieve relaxation, sensuality, or Alpha-wave brain activity

- Biblical meditation
 - “the ability to hear God’s word and obey” Richard Foster
 - Biblical meditation has five main activities and one result
 - Listening to God’s word
 - Contemplating God’s word
 - Reflecting on God’s work
 - Studying God’s law
 - Remembering God’s faithfulness
 - All resulting in changed behavior

Why Should I meditate?

- God commanded it
 - To Joshua

“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. Joshua 1:8
 - Through David

Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Psalm 4:4

How do I practice meditation?

1. Continue your journal
2. Set aside things that will distract you
 - Avoid noise and distractions
 - Set aside a specific place
 - Make time don't find time
3. Prepare your mind for the task

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. Philippians 4:8

 - Begin with prayer
 - Watch your imagination
 - Watch your heart
 - Watch your lusts
4. Select your passage of scripture for your meditation
 - This is not speed reading or reading your Bible through in a year
 - This can be from your regular devotions
 - If you need a passage to start consider one of the following
 - John 1:1-18
 - John 3:16-21
 - I John 1:1-10
 - I John 4:1-6
5. Answer 4 key questions
 - What does this passage teach about God
 - What does this passage tell me to do
 - What does this passage tell me not to do
 - What changes must I now make to obey God