

=THE CHRISTIAN LIFE=

Lesson 13

Meditation

POINT OF CONTACT: The word “meditate” in the Bible has to do with a cow and her stomachs. When one sees a cow grazing in the field, the cow is not eating, the cow is “gathering.” That food goes into a particular stomach and stays there. Then the cow lies down and “chews the cud.” She brings up a portion of that food, chews on it, and then puts it in the stomach where the food is digested. This is exactly what meditation is. One in his life gathers things, facts, truths, experiences, etc. Meditation is bringing these things back up, chewing them over, and thinking carefully about them.

- I. MEDITATION IS LOVE’S NOURISHMENT. No one can properly love unless his mind dwells on the love and on the loved. If one is to develop the depth of soul that he should have, he must of necessity spend time in meditation. In order to have proper gratitude, one must meditate upon the things that God and others have done for him. If improvement comes in our lives, it comes only after soul-searching meditation which leads us to realize our weaknesses, imperfections, frailties, and need for improvement.

Meditation enables us to escape the traps that Satan sets in order to capture our minds. Drive down the average highway and look at the signs that seek your mind’s attention. Add to this the television, radio, the thousands of people with whom you come in contact regularly, and the million other things in life, and you will find that the mind has little chance to be alone. Hence, it is wise for a person to set a time and a place for meditation.

- II. MEDITATION IS A SECRET TO SUCCESS, Psalm 1:2 and Joshua 1:8. There is absolutely no way to have success without meditation. It is one of God’s five steps to success in Psalm 1. No one can succeed without it.
- III. MEDITATION SHOULD BE A HABIT, Genesis 24:63. You will notice here that Isaac went out into the field to meditate. There’s no doubt but that he had a time and a place to meditate. This is a very wise practice. A person should set a regular time and place for meditation else it will go undone. It should be part of our schedule just like eating, working, sleeping, etc.
- IV. MUCH MEDITATION SHOULD BE AT NIGHT, Psalm 63:6; 119:148. It implies here that the Psalmist set a time to get up and meditate. Through the night is one of the finest times to meditate. There is no television. There are no interruptions. The telephone does not ring. One can be alone with his thoughts and with God. Often people say, “I simply can’t sleep at night.” That is not bad. Use the time to meditate. Maybe your body does not need sleep. Maybe God wants you to think. It is certainly not bad to lie awake at night if one will not fight it but rather use the time for proper meditation.
- V. YOUNG PEOPLE SHOULD MEDITATE, I Timothy 4:12a, 15. Verse 12a says, “Let no man despise thy youth.” This was addressed to young Timothy. In verse 15 he was commanded to meditate. Far too many of us think that meditation is only for the old. This is not true. If one is to be a success when he is old, he must meditate, plan, and dream while he is young.
- VI. UPON WHAT ARE WE TO MEDITATE? I Timothy 4:12, 15.
1. Right words. We are to meditate about what we are to say and the choosing of proper vocabulary.
  2. Right conversation. We are to meditate about proper conversation we have heard and proper conversation we will have.
  3. Love. We are to meditate positively about people. We are to meditate about our love for them and how much they mean to us.
  4. Proper spirit. We are to think about the proper attitudes, outlook, disposition, etc.
  5. Faith. We are to think about what God has done for us, what He has done for others, what He can do for others, and what He can do for us. We should do so until our faith in Him is built.
  6. Purity. Especially is this true in the lives of young people. Young people should be taught to save themselves for the one God has for them. Meditation should be on these things. Compare this to the meditation that people have about evil, impurity, indecency, etc.

VII. HOW TO MEDITATE UPON THE RIGHT THINGS, I Timothy 4:13, 14. Before Paul tells young Timothy that he is to meditate, he tells him what he should meditate about and then he tells him how to have the proper meditation.

1. Right reading. The right kind of reading will ensure one's proper meditation. Reading is like the gathering of the food into one's stomach; we meditate upon what we have read. The cow cannot chew and digest what she did not take in. A Christian will meditate over his reading. Hence, our reading should be proper and right.
2. Right exhortation. We meditate on things that we have heard. Consequently, a Christian should be sure that he hears the right thing, goes to the right church, hears the right preacher, and gets the right exhortation and advice.
3. Right doctrine.
4. The using of our gifts (working for God). The Christian who stays busy at his task will think about his work and the gifts that God has given him.
5. Delighting in the Word of God, Psalm 1:1, 2 and Joshua 1:8. If the Christian reads right, listens to the right things, goes to the right kind of church, stays busy using his God-given gifts, reads and delights in the Word of God, he will have stored in his "spiritual stomach" the right kind of food on which he can "chew" as he lies on his bed or sits at the time of meditation.