

# A PRIMER ON BIBLICAL MEDITATION

## DELIGHT IN THE WORD OF GOD

When you truly **delight** (take great pleasure in or experience a high degree of satisfaction) in the Word, you will have a **desire** (a craving, a longing, a “hunger or thirst”) to spend time in it and to **meditate** on it. Beloved, we do not naturally delight in the **Holy Word** for we are by nature **unholy**. Therefore when any man or woman begins to delight in the Word, they can know for certain that they are experiencing God’s amazing grace (cp Php 2:13-note wherein we see that the Holy Spirit gives us the ability to delight and the dynamic to understand God’s Holy Word!)

*May the Father daily grant us His grace sufficient to prompt us to desire to delight in Him and to devour His Word for the sake of His Name, through Christ Jesus, the Living Word of God. Amen.* (Compare the prayer for literal food “Give us this day our daily bread” Mt 6:11-note with the words of Jesus in Mt 4:4 quoting Dt 8:3)

In the following verses from **Psalm 119**, observe the association between **delight** and **meditation**.

- 15 I will **meditate** on Thy precepts, and regard Thy ways. (note)
- 16 I shall **delight** in Thy statutes; I shall not forget Thy word. (note)
- 23 Even though princes sit and talk against me, Thy servant **meditates** on Thy statutes.
- 24 Thy testimonies also are my **delight**; They are my counselors.
- 47 And I shall **delight** in Thy commandments, which I **love** (which is why he delights!).
- 48 And I shall lift up my hands to Thy commandments, which I **love**; and I will **meditate** on Thy statutes. (**Apply: Do I love His Word like the psalmist?**)
- 77 May Thy compassion come to me that I may live, for Thy law is my **delight**.
- 78 May the arrogant be ashamed, for they subvert me with a lie; but I shall **meditate** on Thy precepts.

## PRAYER

If God’s Word is not the **desire** and **delight** of your heart, plead with Him until He grants your request (1Th 5:17-note) so that your soul might cultivate an appetite for the pure milk of His Word (1Pe 2:2-note). If you pray this with clean hands and a pure heart (Ps 24:4-note), you can be assured God will answer it affirmatively for it is in accordance with His good and perfect will (1Jn 5:14, 15, cp Mt 7:7-note). **Will you dare to pray this prayer? Will you dare not to pray this prayer?!**

*Meditation is not giving free rein to your imagination,  
nor is it reading your Bible for beautiful thoughts.*

*Meditation is a discipline.*

-J. I. Packer

**Meditation is the bellows of the affections.**

-Thomas Watson

(Bellows = An instrument, utensil or machine for blowing fire. Bellows are used to make the refiner's fires burn fiercely - cp Jer 6:29)

## **FIRST AN ILLUSTRATION**

M. A. Rosanoff, long associated with Thomas Edison, had worked futilely for over a year to soften the wax of phonograph cylinders by altering their chemical constitution. The results were negative. Rosanoff relates how he mused night after night trying to "mentally cough up" every theoretical and practical solution.

"Then it came like a flash of lightning. I could not shut waxes out of my mind, even in my sleep. Suddenly, through headache and daze. I saw the solution."

"The first thing the next morning, I was at my desk and half an hour later I had a record in the softened wax cylinder... this was the solution! I learned to think waxes...waxes... waxes, and the solution came without effort although months of thought had gone into the mental mill."

Rosanoff learned to think waxes. It was like unrolling a ball of string out of the unknown and night after night pulling it toward his mind, not knowing what might be attached to the other end of every thought or concept. Meditation is the art of hauling in that ball of mental thread.

This is a generation of hustle and bustle. "Time out" for anything except sleep and medical checkups is considered idling your motor when you ought to be in high gear. Reflection and deep thought in a quiet place is a thing of the past. This idea of taking time to be holy is more often a song we sing than an accomplishment. It takes time to be holy. It takes lots of time to be truly effective for God. Each of us needs time to think waxes – this was Rosanoff's secret. He daily gave his problem a second thought. It is a mistaken idea that meditation is only for those who have time for it – daydreamers, scientists, novelists, ascetics and cloistered saints of religion. Giving life a second thought is the need of every man.

**"Meditation is the skeleton key that unlocks the greatest storeroom in the house of God's provisions for the Christian."**

The men who carry this key upon the chain of their daily life come into a knowledge and relationship that the "activist" and the restless ones have never known. With the solitude of the meditation room, there is produced a quality of life that must be standard equipment for all the Master's men.

"Now come along to some quiet place by yourself and rest for a little while" (Mk 6:31 Phillips Translation).

# WHAT IS MEDITATION?

**A. T. Pierson** says that...

“Meditation is simply thought prolonged and directed to a single object. Your mystic chambers where thoughts abide are the secret workshop of an unseen Sculptor chiseling living forms for a deathless future. Personality and influence are modeled here. Hence, the biblical injunction: ‘Keep thy heart with all diligence, for out of it are the issues of life’”

**J. I. Packer** says that **meditation** is the practice of turning each truth we learn about God into matter for reflection before God, leading to prayer and praise to God.

“Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God...It is an activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God.” (Packer, J I: Knowing God)

## Saturation with the Scriptures is the Secret to Satisfaction of our Souls

The Puritan writer **Thomas Brooks** gives us a picturesque description of Biblical meditation...

Remember that it is not hasty reading—but serious **meditation** on holy and heavenly truths, which makes them prove sweet and profitable to the soul. It is not the mere touching of the flower by the bee which gathers honey (cp [Ps 19:10-note](#); [Ps 119:103-note](#))—but her abiding for a time on the flower which draws out the sweet. It is not he who reads most, but he who meditates most—who will prove to be the choicest, sweetest, wisest and strongest Christian.”

**Meditation is CHEWING.** It is like the graphic picture of a cow and her process of mastication – bringing up previously digested food for renewed grinding and preparation for assimilation. Meditation is pondering and reviewing various thoughts by mulling them over in the mind and heart. It is the processing of mental food. We might call it “thought digestion.” “Chewing” upon a thought, deliberately and thoroughly, provides a vital link between theory and action. What metabolism is to the physical body of the cow, meditation is to your mental and spiritual life.

**Meditation is ANALYZING.** It is the art of taking a good, long look at a given object as the craftsman does his dazzling jewel – polishing the diamond to reflect all its light and beauty. Meditation on a portion of the Holy Bible is like gazing at a prism of any facets, turning the stone from angle to angle in the bright sunlight. Steady and constant reflection reveals unlimited beauties from the Scriptures which will never otherwise be seen.

Open thou mine eyes, that I may behold wondrous things out of Thy law (Psalm 119:18).  
(Spurgeon's comment)

**Meditation is ACTION.** Someone has described it: "Making words into thoughts and thoughts into actions." It is mental planning ahead with definite action in mind for accomplishing a job. Andrew Murray describes it: "Holding the Word of God in your heart until it has affected every phase of your life... this is meditation."

Now tie these three thoughts together: chewing, analyzing and action. Reflect on each of them now before reading any further. Give God time for divine polishing in His secret place in order to more effectually reproduce His glory and beauty in public.

## **MEDITATION: NOT WITHOUT DIFFICULTIES**

"**Muse**" was the name given to an ancient Greek god who spent much time in solitude and thinking. The statue of "The Thinker" is the artistic concept of deep concentration and absorption. Add an "a" to the beginning of "muse" and you have: "amuse" – sports, games, television and a score of other tools used by the enemy to keep God's men from concentrating on man's God.

**Dawson Trotman** illustrated **Biblical meditation** by comparing the way cows get the cud on which they chew...

A cow eats grass as it grazes early in the morning. When the sun gets hot, it will lie in the shade of a tree, and through the use of a unique elevator system it will bring up the grass from one stomach and thoroughly masticate it. When this is finished, it will put it into another stomach, having gotten from it everything possible in the way of nutrients.

Beware of getting alone with your own thoughts. Get alone with God's thoughts. There is danger in rummaging through waste and barren desert-thoughts that can be labeled – daydreaming or worse. Don't meditate upon yourself but dwell upon Him – seek God in your inner thought life. There is always danger in meditating upon problems. Develop the habit of reflection upon the Word of God and therein find the answers to your problems.

My soul shall be satisfied as with marrow and fatness, and my mouth shall praise Thee with joyful lips: When I remember Thee upon my bed, and meditate on Thee in the night watches" (Psalm 63:5-6).

Regarding Psalm 63, **Spurgeon** wrote (Note verse 5; verse 6) that...

Lying awake, the good man betook himself to meditation, and then began to sing. He had a feast in the night, and a song in the night. He turned his bedchamber into an oratory, he consecrated his pillow, his praise anticipated the place of which it is written, "There is no night there." Perhaps the wilderness helped to keep him awake, and if so, all the ages are

debtors to it for this delightful hymn. If day's cares tempt us to forget God, it is well that night's quiet should lead us to remember him. We see best in the dark if we there see God best.

And meditate on thee in the night watches. Keeping up sacred worship in my heart as the priests and Levites celebrated it in the sanctuary. Perhaps David had formerly united with those "who by night stand in the house of the Lord," and now as he could not be with them in person, he remembers the hours as they pass, and unites with the choristers in spirit, blessing Jehovah as they did. It may be, moreover, that the king heard the voices of the sentries as they relieved guard, and each time he returned with renewed solemnity to his meditations upon his God. Night is congenial, in its silence and darkness, to a soul which would forget the world, and rise into a higher sphere. Absorption in the most hallowed of all themes makes watches, which else would be weary, glide away all too rapidly; it causes the lonely and hard couch to yield the most delightful repose — repose more restful than even sleep itself. We read of beds of ivory, but beds of piety are better far. Some revel in the night, but they are not a tithe so happy as those who meditate in God.

# SOME PRACTICAL SUGGESTIONS ON HOW TO MEDITATE

**Related Resource:** See Watson's Treatise on Meditation for much greater detail

Let's get started. Since we want to make this a built-in habit of daily living, start with a moment of prayer. Ask God's help in concentration, alertness of mind and that inward sense of His abiding Presence. As a means of getting under way, here are five suggestions that will make the following Bible verse extremely practical:

"Hitherto have ye asked nothing in My Name; ask, and ye shall receive, that your joy may be full." (Jn 16:24)

## **(1). Emphasize:**

**One of the most helpful approaches in meditation is to emphasize different words within the verse.** As you throw them out vocally, the Holy Spirit will echo them back to your heart through your ears and mind. Read the first phrase aloud several times with striking emphasis upon the word in caps:

**HITHERTO** have ye asked nothing in My Name.  
Hitherto have **YE** asked nothing in My Name.  
Hitherto have ye asked **NOTHING** in My Name.  
Hitherto have ye asked nothing in **MY NAME**.

## **(2). Paraphrase:**

**Put this verse from the King James Version into your own words.** Say it over and over, silently and aloud, until you can communicate it back to yourself in language that has meaning. Reflect slowly. Don't be in a hurry to reword it – rearrange the words and use your dictionary to look up words you don't understand. Perhaps you will end up with something like this:

"Up to this moment you have not been asking anything in God's authority; go ahead and ask, see if God doesn't love to answer. This is because He wants you to be full of cheerfulness."

## **(3). Ask Questions:**

Now that you have taken it apart and have paraphrased it so it is your very own, start asking questions. Use the ones the newspaper reporter starts with: **who? what? where? when? why? and how?** (See discussion of this interrogative mindset under Inductive Study) Here's how it works on John 16:24.

**Who** is Jesus talking to?  
**What** is He saying? What does He say I should do?

**Where** should I pray? Where have I failed in my praying?

**When** should I ask? When is my joy full and complete?

**Why** does God say I should pray?

**How** should I go about asking?

Every question is not equally productive, but by asking such questions, your mind will be focused on the Word of God – this is the beginning of meditation. When you start asking questions, you start to dissect. Not questions that just bring up facts and doctrine but also heart-feeding application. Questions and answers to the above put the Scriptures into the bloodstream of your soul.

#### **(4). Application:**

Apply Jn 16:24 immediately. 2Ti 3:16, 17 (see notes) says that all Scripture is profitable in a four-fold function: it is useful in teaching the faith, for correcting error, for resetting the direction of man's life and for training him in good living. Tackle John 16:24 once again from these four angles: (Click here for Application in Inductive Bible Study)

- a.** Is there some truth I should know from this verse?
- b.** Is there something I should stop doing in light of this verse?
- c.** Is there a practice in my life I should change?
- d.** Is there a habit I ought to begin?

#### **(5). Persistence:**

A “verse a day” can be selected during your quiet time in the morning. To begin with, it can be done within ten minutes. Try analyzing, dissecting and chewing over such a verse during odd moments of your day – walking to work, riding the train or bus, waiting for meals or “killing time” for that appointment. Apply it that very day. Perhaps you will have the opportunity to share it with someone else. [A workable plan for busy people desiring a daily morning time with God has been written in a little brochure - for this booklet click Seven Minutes With God. As a practical exercise click and meditate on all 23 uses of “**meditate**” in OT. Make a list of what you learn about meditating on meditation! Then “Selah” which indicates a pause, which also implies meditation. See the 74 uses of “Selah” in the Psalms.)

## **TRANSFORMATION**

( Ro 12:2- see note)

**The crown fruit of meditation is the changed life.** Without the transformed life, meditation is useless. This was the problem Jesus had with the Pharisees of His day. They knew the facts and were experts in doctrine. They were conscientious, sincere and dedicated men. But the Lord called them sons of Satan – “Ye are of your father the devil.” Why this stinging indictment? All their study of the Old Testament didn’t change their lives. There was no heart application. They still oppressed the poor, defrauded the widows and pursued doubtful business practices.

Beware of meditation that ends in pious words without affecting one's practices (cf Jas 1:22-note). True meditation fires in God honoring moral actions. A changed attitude toward God and fellow man should be the result, including things like a changed work habit, a changed relationship to one's spouse or family, in short – a changed life! Anything less means your "meditation" is little more than "pious platitudes" as they say.

"O how I love Thy law: it is my **meditation** all the day" (Ps 119:97-note)

**Comment:** This verse is very practical and very convicting for we all understand that if you truly love someone, you will want to spend time with them.

Regarding the phrase **it is my meditation all the day** Spurgeon wrote that...

This was both the effect of his love and the cause of it. He meditated in God's word because he loved it, and then loved it the more because he meditated in it. He could not have enough of it, so ardently did he love it: all the day was not too long for his converse with it. His main prayer, his noonday thought, his evensong were all out of Holy Writ; yea, in his worldly business he still kept his mind saturated with the law of the Lord. It is said of some men that the more you know them the less you admire them; but the reverse is true of God's word. Familiarity with the word of God breeds affection, and affection seeks yet greater familiarity. When "thy law," and "my meditation" are together all the day, the day grows holy, devout, and happy, and the heart lives with God.

Bring the fruit of your meditation and offer it to the Lord for His blessing. Ask the Holy Spirit to apply the Word to your heart and enable you to live today in conformity to it.

*Let the words of my mouth,  
And the meditation of my heart,  
Be acceptable in Thy sight, O Lord,  
My strength, and my Redeemer*  
Psalm 19:14-note

Spurgeon commenting on Psalm 19:14 said that this verse is...

A sweet prayer, and so spiritual that it is almost as commonly used in Christian worship as the apostolic benediction.

Words of the mouth are mockery if the heart does not meditate; the shell is nothing without the kernel; but both together are useless unless accepted; and even if accepted by man, it is all vanity if not acceptable in the sight of God. We must in prayer view Jehovah as our strength enabling, and our Redeemer saving, or we shall not pray aright, and it is well to feel our personal interest so as to use the word my, or our prayers will be hindered. Our near Kinsman's name, our Goel or Redeemer, makes a blessed ending to the Psalm; it began with the heavens, but it ends with him whose glory fills heaven and earth. Blessed Kinsman, give us now to meditate acceptably upon thy most sweet love and tenderness.

## RELATED RESOURCES

### A Simple Study On Meditation

Below you will find the 23 Scriptures in NASB that are translated with the word “**meditate**” or “**meditation**”. Read through these passages and observe for answers to the questions “**who, what, when, where, why or how?**” (see discussion of 5W’S & H type questions - Related Resource: Inductive Bible Study) For the most accurate **interpretation**, you will want to click each respective link to check the corresponding **context**. Where are most of the references found? What is one to meditate upon in each of these uses? As you discipline yourself for godliness ([1Ti 4:7, 8-note](#)) and learn the art of interrogating the Biblical text (remember you are conversing with the Living God in and through His living Word - don’t ever lose the sense of awe at this priceless, precious privilege!) for as you interact (actively, rather than how so many read the Scriptures - passively) you will be in a sense “meditating”... in this case you are meditating on what the Bible teaches about meditation! Make your observations into a list or a short paragraph with a Biblical description of meditation. Finally, pray some of these passages to our Father Who delights to see His children “chewing the cud” of His Word.

Gen 24:63 And Isaac went out to **meditate** in the field toward evening; and he lifted up his eyes and looked, and behold, camels were coming. (Who? When? Where?)

Joshua 1:8 (note) ”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. (Who? Who speaking? To whom? Why? What is the context? When?, etc)

Job 15:4 ”Indeed, you do away with reverence, and hinder **meditation** before God.

Psalm 1:2 But his delight is in the law of the LORD, and in His law he **meditates** day and night. (Spurgeon’s note)

Psalm 4:4 Tremble, and do not sin; **Meditate** in your heart upon your bed, and be still. Selah. (Spurgeon’s note)

Psalm 19:14 Let the words of my mouth and the **meditation** of my heart Be acceptable in Thy sight, O LORD, my rock and my Redeemer. (Spurgeon’s note)

Psalm 27:4 One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to **meditate** in His temple. (Spurgeon’s note)

Psalm 49:3 My mouth will speak wisdom; and the **meditation** of my heart will be understanding. (Spurgeon's note)

Psalm 63:6 When I remember Thee on my bed, I **meditate** on Thee in the night watches, (Spurgeon's note)

Psalm 77:6 I will remember my song in the night; I will **meditate** with my heart; and my spirit ponders. (Spurgeon's note)

Psalm 77:12 I will **meditate** on all Thy work, and muse on Thy deeds. (Spurgeon's note)

Psalm 104:34 Let my **meditation** be pleasing to Him; As for me, I shall be glad in the LORD. (Spurgeon's note)

Psalm 119:15 I will **meditate** on Thy precepts, And regard Thy ways. (Spurgeon's note)

Psalm 119:23 Even though princes sit and talk against me, Thy servant **meditates** on Thy statutes. (Spurgeon's note)

Psalm 119:27 Make me understand the way of Thy precepts, so I will **meditate** on Thy wonders. (Spurgeon's note)

Psalm 119:48 And I shall lift up my hands to Thy commandments, Which I love; and I will **meditate** on Thy statutes. (Spurgeon's note)

Psalm 119:78 May the arrogant be ashamed, for they subvert me with a lie; but I shall **meditate** on Thy precepts. (Spurgeon's note)

Psalm 119:97 O how I love Thy law! It is my **meditation** all the day. (Spurgeon's note)

Psalm 119:99 I have more insight than all my teachers, for Thy testimonies are my **meditation**. (Spurgeon's note)

Psalm 119:148 My eyes anticipate the night watches, that I may **meditate** on Thy word. (Spurgeon's note)

Psalm 143:5 I remember the days of old; I **meditate** on all Thy doings; I muse on the work of Thy hands. (Spurgeon's note)

Psalm 145:5 On the glorious splendor of Thy majesty, And on Thy wonderful works, I will **meditate**. (Spurgeon's note)

Isaiah 33:18 Your heart will **meditate** on terror: "Where is he who counts? Where is he who weighs? Where is he who counts the towers?"

**Dawson Trotman** illustrated **Biblical meditation** by comparing the way cows retrieve the cud on which they chew...

A cow eats grass as it grazes early in the morning. When the sun gets hot (**Ed:** When we are tempted, when we experience unexpected trials, etc), it will lie in the shade of a tree, and through the use of a unique elevator system it will bring up the grass from one stomach (**Ed:** The verses we have memorized. The passages we read that morning. The Scriptures in the sermon we heard on Sunday, etc.) and thoroughly masticate it (**Ed:** We “chew the cud” of the Scriptures the Spirit brings to our mind). When this is finished, it will put it into another stomach, having gotten from it everything possible in the way of nutrients.

**BIBLICAL MEDITATION:** Hampton Keathley, III in his excellent summary from Bible.org writes that...

**Meditation** means “the act of focusing one’s thoughts: to ponder, think on, muse.” **Meditation** consists of reflective thinking or contemplation, usually on a specific subject to discern its meaning or significance or a plan of action. ([click](#) for the entire article - highly recommended)

#### **QUIET TIME: SEVEN MINUTES WITH GOD:**

A good place to begin if your quiet time has become too “quiet” or your schedule has become too busy for time alone with God (a place we all have been from time to time).

#### **MEMORIZING HIS WORD:**

Illustrations, helps, devotionals, testimonials, etc on the value of memorizing God’s Word

#### **BORN TO REPRODUCE:**

A short biography on the abundant life of Dawson Trotman founder of The Navigators. If you are not familiar with how God supernaturally used this man, you NEED TO READ his encouraging, motivating biography ([click](#)), because every saint is exhorted to

“remember those who led you, who spoke the word of God to you and considering the result of their conduct, imitate their faith” ([Heb 13:8-note](#))

But we cannot imitate one whom we do not know.

**MEDITATE ON THE WORD DAY & NIGHT: PSALM1 (Ps 1)** by John Piper who explains that meditation on the Word is difficult if one does not first memorize it and that

“the depth and solidity and certainty of your walk with God and your communion with God will rise and fall with whether God’s own written Word is the warp and woof of the fabric of your fellowship.” (entire sermon) (See on site exposition of Psalm 1 notes Ps 1:1; 1:2; 1:3)

## **MEDITATION - A Thermostat And A Thermometer!**

**What do you think about in the still of the night?** Ps 63:6, 7 give the setting for David's satisfaction in Ps 63:3, 4, 5: David's thoughts were consumed with God, even in the still of the night, and what we think often about is closest to our hearts. A mind full of God is a good indicator of a "fit" spirituality. Like the blessed man of Psalm 1 (Ps 1:1, 2, 3 - see notes Ps 1:1; 1:2; 1:3), our delight should be the law of the Lord, and on His law we should meditate day and night. **Meditation** could be compared to both a thermostat and a thermometer. While a thermostat controls the temperature in a room, a thermometer measures the temperature. Meditation on Scripture does both—it measures our spiritual temperature, and it controls and changes it. To discover how strong you are spiritually, take an inventory of your thought life. Are your thoughts centered on God, His glories, His grace, His Son, and His Word? If so, you will be transformed. (From Brian Hedges: A Picture of Spiritual Health - Life Action Revival Ministries) (See also Brian Hedges' article - Our Greatest Treasure)

We all know that we should be growing in Christ, but sometimes we forget that God holds us responsible to use the tools He has provided for our growth. Christians of another generation described these tools as "means of grace." They include reading and meditating on Scripture, praying, fasting, attending corporate worship, and celebrating the Lord's Table. (Brian Hedges - Habits of Holiness)

Someone once said that 1 in 100 Christians read Scripture regularly; 1 in 1000 memorize Scripture; but only 1 in 10,000 meditate! Leonard Ravenhill was once asked for advice by an aspiring young preacher. His answer? "Meditate. Meditate. Meditate." (Brian Hedges - Staying in the Battle)

## **MEDITATION**

Henry Blackaby writes that...

Scripture is wonderful, if you meditate on it. Our problem is we read without meditation. Your life will never be anchored like a tree without meditation. Some say, "I've read through the Bible at least once every year." Well, that's wonderful, but your life will not be anchored by a river of living water until you stop and meditate on God's Word. It's the one who meditates on God's Word day and night who becomes like a tree planted by the rivers of water. So, you really need to know what meditating is. Now, in our generation, we talk about transcendental meditation. On television we can see the stereotypical meditator, eyes closed, mumbling the same phrase over and over. That's not biblical meditation at all. Let me tell you my own definition of meditation. Meditation is that moment when God confronts you with the truth about Himself. It is that moment when you go into the presence of God and let God discuss it with you until you know exactly how to respond to Him, however long it takes. (**Meditation, Henry Blackaby**)

## NAVE'S TOPIC: Meditation

### General scriptures concerning

Joshua 1:8; Psalms 1:2; 4:4; 19:14; 39:3; 49:3; 63:5,6; 73:12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 77:10, 11, 12; 104:34; 119:11,15,16,23,48,55,59,78,97, 98, 99,148; 139:17,18; 143:5; 1Timothy 4:13, 14, 15

### INSTANCE OF

Isaac Genesis 24:63

See also **R A Torrey's** *Character of a Renewed Heart*

## **BIBLICAL MEDITATION: DEVOTIONALS AND ILLUSTRATIONS**

**Meditate upon these things; give thyself wholly to them,  
that thy profiting may appear to all. 1Ti 4:15**

The chief of the Federal Bureau of Investigation has often stressed the importance of family Bible reading. Some years ago in a letter to the American Bible Society he said, "Inspiration has been the keynote of America's phenomenal growth . . . and the backbone of its greatness. . . . This inspiration has been from faith in God . . . and in the belief that the Holy Bible is His inspired Word. Reading the Scriptures within the family circle is more important today than ever before. As a small boy I sat at my mother's knee while she read the Word to me and explained its meanings with stories as we went along. It served to make the bond of faith between us much stronger. Then there were those wonderful nights when my father would gather all the children around him and read aloud verses from the Bible. This led to family discussions which were interesting, lively, and informative. Those wonderful sessions left me with an imprint of the power of faith and . . . prayer which has sustained me in trying moments throughout my life."

Regrettably, family altars are fast disappearing from the American scene. People are too busy. The family is seldom together long enough to enjoy such sweet moments of fellowship — and the world is much the poorer for it! The Word of God constantly admonishes us to meditate upon its contents, for only as we absorb its teachings, believe its promises, and hide its precepts in our hearts can we prosper spiritually and live the "more abundant life."

Take a cue from the letter of J. Edgar Hoover; and if you have not yet established a definite time for Bible study in your home, start now — even if you can devote only five minutes a day to this necessary task. Man cannot live by bread alone. He must find sustenance for his spirit by appropriating the truths of God through the avenue of prayer and careful meditation.

How precious is the Book divine,  
By inspiration given!  
Bright as a lamp its precepts shine,  
To guide our souls to Heaven. — J. Fawcett

**A Bible that is falling apart  
usually belongs to a person who is not!**

**No Fast Food In The Bible**  
Read: Ps 119:9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24

I will **meditate** on Your precepts,  
and contemplate Your ways. . — Psalm 119:15

I love the sight of cows lying in the field, chewing their cud. But what is cud? And why do they spend so much time chewing it?

Cows first fill their stomachs with grass and other food. Then they settle down for a good, long chew. They bring the food back up from their stomachs and rework what they've already eaten, assimilating its goodness and transforming it into rich milk. Time-consuming? Yes. A waste of time? Not if they want to give good milk.

The phrase “chewing the cud” is used to describe the process of meditation. The writer of Psalm 119 obviously did a lot of mental chewing as he read God’s Word. No fast food for him! If we follow his example of careful and prayerful Scripture reading, we will:

Be strengthened against sin (Psalm 119:11).

Find delight in learning more about God (Psalm 119:15, 16).

Discover wonderful spiritual truths (Psalm 119:18).

Find wise counsel for daily living (Psalm 119:24). (See Spurgeon’s notes on Ps 119)

Meditation is more than reading the Bible and believing it. It’s applying Scripture to everyday life.

God’s Word is not meant to be fast food. Take time for a good long chew. – J E Yoder (Our Daily Bread, Copyright RBC Ministries, Grand Rapids, MI. Reprinted by permission. All rights reserved)

Break Thou the bread of life, dear Lord to me,  
As Thou didst break the loaves beside the sea;  
Beyond the sacred page I seek Thee Lord;  
My spirit pants for Thee, O living Word. – Lathbury

To be a healthy Christian,  
don’t treat the Bible as snack food.

### **There When You Need It**

I have hidden Your Word in my heart  
that I might not sin against You. (Psalm 119:11-note).

One thing about students: They know how to memorize! Let’s face it-you have to if you want to survive. Whether it’s the symbols of all the elements in chemistry, the names of all the bones in the human body, or the chronological sequence of Shakespeare’s 23 plays, you can learn huge amounts of information to pass your exams.

It’s a good thing God gave us such large-capacity brains. We not only store the info we study, but we also keep it all in order and can recall it when we need it. A magazine called THINK

reports that our brains can store enough information to fill several million books! Think about that the next time you feel like complaining when your science instructor says to memorize the distance of each of the nine planets from the sun.

Classroom work, though, may not be the best use of memory. As good as that is, a better use is to “hide” God’s Word in your heart. Then the Holy Spirit can help you recall it when you need it.

Remember Chet Bitterman, the Wycliffe missionary? He was kidnapped by Colombian terrorists and held captive 7 weeks before being killed. Before his capture, Chet had memorized 1 Peter, a book written to first-century believers who were suffering for their faith in Jesus Christ. During Bitterman’s captivity, he wrote his wife a letter in which he quoted 1Peter 3:15, 16-notes. He said he was using those verses to strengthen and guide him in his response to his captors. Months earlier, when he was memorizing 1 Peter, he had no way of knowing how he would be needing it.

So, in addition to memorizing the names of all the parts of speech, why not memorize some of God’s Word. Hide it in your heart. No telling when you’ll need it. —D Egner (Our Daily Bread, Copyright RBC Ministries, Grand Rapids, MI. Reprinted by permission. All rights reserved)

## REFLECTION

Why is it so easy for me to remember the bad things in life and hard to remember the good things?

What Bible passages should I be memorizing? How about Psalm 1- notes, Ps 23, 100; Isaiah 53; John 14:1, 2, 3, 4, 5, 6; Philippians 2:5-8-notes?

What methods can I use to improve memorization? 3x5 cards? Work with a friend?

**Carry your Bible in your heart.**

### **The Book With God’s Signature**

Read: Psalm (Psalm 119:121, 122, 123, 124, 125, 126, 127, 128)  
(See Spurgeon on Ps 119)

I love Your commandments more than gold,  
yes, than fine gold! . (Psalm 119:127)

London music student Richard Steel prized the old violin that had once been his grandfather’s. One day Richard tried to help a bus driver who couldn’t get close to the curb because of a barrier. Putting aside his old violin, he removed the obstacle. But then the driver, unable to see the books and the violin, drove over them.

The crushed books could be replaced. And the old violin, though valued for sentimental reasons, could be replaced too – or could it?

As Richard examined his splintered instrument, inside he found the signature of Stradivarius, the greatest of all violin makers. The old violin was a priceless and irreplaceable masterpiece. The Sotheby auction firm estimated that it had been worth more than \$700,000.

Many families pass treasured Bibles from one generation to the next as spiritual heirlooms. But these treasures are often treated as mere antiques while their pages go unread and their promises remain unclaimed. The message of salvation goes unheeded. Its true value is never realized.

The Bible is more than just a record of long-ago events and ancient wisdom. It is the Book that bears God's signature. It is His message of truth and grace to us. Let's not neglect it. Let's read it, believe it, and obey it. – V C Grounds (Our Daily Bread, Copyright RBC Ministries, Grand Rapids, MI. Reprinted by permission. All rights reserved)

Thy Word is like a deep, deep mine,  
And jewels rich and rare  
Are hidden in its mighty depths  
For every searcher there. – Hodder

Many people store the Bible on the shelf  
instead of in their heart.

### **Ongoing Meditation**

Read: (Psalm 119:97, 98, 99, 100, 101, 102, 103, 104)  
(See Spurgeon on Ps 119)

Your law...is my meditation all the day. – (Psalm 119:97)

Meditation on God's Word doesn't have to end when your devotional time is over. You can continue the blessing by taking Scripture with you throughout the day.

Some people memorize a passage or write it on a card so they can have it available to read when they get a few moments. An engineer uses his coffee breaks to continue his reflection on God's Word. Homemakers attach verses to the refrigerator or bathroom mirror. Truckers put portions of the Bible on their dashboard.

Leslie B. Flynn tells of a brilliant college student who volunteered to work at a church camp and ended up as the designated potato peeler. A friend who admired her intelligence said,

“It's too bad you had to end up peeling potatoes.”

She replied,

“I don't have to think about potatoes while I'm peeling them. So I think about my Bible verse for the day.”

The psalmist indicated that he didn't read God's Word and then forget it. He meditated on it all day ([Psalm 119:97](#)). Likewise, the "blessed man" of Psalm 1 reflected on God's Word "day and night" ([Psalm 1:2](#)). And when the Word of God is in our minds from morning to night, we'll be more likely to obey it and far less likely to violate it. That's the value of ongoing meditation. – D C Egner (Our Daily Bread, Copyright RBC Ministries, Grand Rapids, MI. Reprinted by permission. All rights reserved)

We must read Scripture every day  
And meditate on what God said  
To fight temptation from the world  
And live a life that's Spirit led. – Sper

**Reading the Bible without meditating on it  
is like eating without chewing.**

## **BIBLE STUDY**

Continual meditation on the Word is not ineffectual ... God, by one and another promise, establishes our faith. – John Calvin

Remember that memorization is a first step to meditation. You cannot chew what you have placed in your mouth!

We should always be chewing and sucking out the sweetness of this cud. – Thomas Manton

What we take in by the Word we digest by meditation and let out by prayer. - Thomas Manton

Meditate on the Word in the Word. - John Owen

Read it to get the facts, study it to get the meaning, meditate on it to get the benefit. - David Shepherd

**F B Meyer** rightly said that...

Devout meditation on the Word is more important to soul-health even than prayer. It is more needful for you to hear God's words than that God should hear yours, though the one will always lead to the other.

## QUOTATIONS ON BIBLICAL MEDITATION

**The first quote –** *Quotations are good but the actual practice of meditation is better!*

**John Piper** in **Desiring God** has the following quotation from the Autobiography of George Muller...

**George Müller** (1805-1898) is famous for establishing orphanages in England and for joyfully depending on God for all his needs. How did he kindle this joy and faith? In 1841 he made a life-changing discovery. The testimony of this from his autobiography has proved to be of tremendous value in my life, and I pray that it will also bear fruit in yours:

While I was staying at Nailsworth, it pleased the Lord to teach me a truth, irrespective of human instrumentality, as far as I know, the benefit of which I have not lost, though now...more than forty years have since passed away.

The point is this: I saw more clearly than ever, that the first great and primary business to which I ought to attend every day was, to have my soul happy in the Lord. The first thing to be concerned about was not, how much I might serve the Lord, how I might glorify the Lord; but how I might get my soul into a happy state, and how my inner man might be nourished. For I might seek to set the truth before the unconverted, I might seek to benefit believers, I might seek to relieve the distressed, I might in other ways seek to behave myself as it becomes a child of God in this world; and yet, not being happy in the Lord, and not being nourished and strengthened in my inner man day by day, all this might not be attended to in a right spirit.

Before this time my practice had been, at least for ten years previously, as an habitual thing, to give myself to prayer, after having dressed in the morning. Now I saw, that the most important thing I had to do was to give myself to the reading of the Word of God and to meditation on it, that thus my heart might be comforted, encouraged, warned, reproved, instructed; and that thus, whilst meditating, my heart might be brought into experimental, communion with the Lord. I began therefore, to meditate on the New Testament, from the beginning, early in the morning.

The first thing I did, after having asked in a few words the Lord's blessing upon His precious Word, was to begin to meditate on the Word of God; searching, as it were, into every verse, to get blessing out of it; not for the sake of the public ministry of the Word; not for the sake or preaching on what I had meditated upon; but for the sake of obtaining food for my own soul. The result I have found to be almost invariably this, that after a very few minutes my soul has been led to confession, or to thanksgiving, or to intercession, or to supplication; so<sup>156</sup> that though I did not, as it were, give myself to prayer, but to meditation, yet it turned almost immediately more or less into prayer.

When thus I have been for awhile making confession, or intercession, or supplication, or have given thanks, I go on to the next words or verse, turning all, as I go on, into prayer for myself or others, as the Word may lead to it; but still continually keeping before me, that food for my own soul is the object of my meditation. The result of this is, that there is always a good deal of confession, thanksgiving, supplication, or intercession mingled with my meditation, and that my inner man almost invariably is even sensibly nourished and strengthened and that by breakfast time, with rare exceptions, I am in a peaceful if not happy state of heart. Thus also the Lord is pleased to communicate unto me that which, very soon after, I have found to become food for other believers, though it was not for the sake of the public ministry of the Word that I gave myself to meditation, but for the profit of my own inner man.

The difference between my former practice and my present one is this. Formerly, when I rose, I began to pray as soon as possible, and generally spent all my time till breakfast in prayer, or almost all the time. At all events I almost invariably began with prayer.... But what was the result? I often spent a quarter of an hour, or half an hour, or even an hour on my knees, before being conscious to myself of having derived comfort, encouragement, humbling of soul, etc.; and often after having suffered much from wandering of mind for the first ten minutes, or a quarter of an hour, or even half an hour, I only then began really to pray.

I scarcely ever suffer now in this way. For my heart being nourished by the truth, being brought into experimental fellowship with God, I speak to my Father, and to my Friend (vile though I am, and unworthy of it!) about the things that He has brought before me in His precious Word.

It often now astonished me that I did not sooner see this. In no book did I ever read about it. No public ministry ever brought the matter before me. No private intercourse with a brother stirred me up to this matter. And yet now, since God has taught me this point, it is as plain to me as anything, that the first thing the child of God has to do morning by morning is to obtain food for his inner man.

As the outward man is not fit for work for any length of time, except we take food, and as this is one of the first things we do in the morning, so it should be with the inner man. We should take food for that, as every one must allow. Now what is the food for the inner man: not prayer, but the Word of God: and here again not the simple reading of the Word of God, so that it only passes through our minds, just as water runs through a pipe, but considering what we read, pondering over it, and applying it to our hearts....

I dwell so particularly on this point because of the immense spiritual profit and refreshment I am conscious of having derived from it myself, and I affectionately and solemnly beseech all my fellow-believers to ponder this matter. By the blessing of God I ascribe to this mode the help and strength which I have had from God to pass in peace through deeper trials in various ways than I had ever had before; and after having now above forty years tried this way, I can most fully, in the fear of God, commend it. How different when the soul is refreshed and made happy early in the morning, from what is when, without spiritual preparation, the service, the

trials and the temptations of the day come upon one![6] Autobiography of George Müller, comp. Fred Bergen (London: J. Nisbet, 1906), 152-4.

### **Andrew Murray**

“Holding the Word of God in your heart until it has affected every phase of your life....This is meditation.”

**Matthew Henry** has many comments regarding meditation including the following:

“To **meditate** in God’s word is to discourse concerning the great things contained in it, with a close application of mind, a fixedness of thought, till we be suitably affected with those things and experience the savour and power of them in our hearts.”...

“**meditation** is the best preparative for prayer, so prayer is the best issue of meditation”...

“If we willingly banish holy **meditations** in our solitary hours, Satan will soon occupy our minds with sinful imaginations” ...

“Meditation and prayer are blessed means of strengthening faith and hope”...

“**Meditation.** God’s words must be laid up in our hearts, that our thoughts may be daily employed about them” ...

“In retirement and in **meditation** the Christian character is formed and perfected” ...

“To **meditate** in God’s word, is to discourse with ourselves concerning the great things contained in it, with close application of mind and fixedness of thought. We must have constant regard to the word of God, as the rule of our actions, and the spring of our comforts; and have it in our thoughts night and day. For this purpose no time is amiss.”...

“Those who would have clear views of heaven, must get as near to heaven as they can, on the mount of **meditation** and faith” ...

“we do not **meditate** on God’s precepts to good purpose, unless our good thoughts produce good works” ...

Isaac “went out to take the advantage of a silent evening and a solitary place, for **meditation** and prayer; those divine exercises by which we converse with God and our own hearts” ...

### **F B Meyer (Our Daily Homily):**

Psalm 1:3 (note;) *Whose leaf also doth not Wither.* (R.V.)

“If a man abide not in Me,” said our Lord, “he is cast forth as a branch, and is withered.” The same thought is here. Thrust down your rootlets to the oozy river bed, and there is no doubt about your continuing earnest, patient, God filled. The sun of temptation may strike you with

sword-like beams, but you will have a source of supply which they cannot exhaust. The secret of an unwithering beauty is in the Word of God, delighted in and **meditated** upon day and night. And what is the Word of God, but the life of God translated into human speech?

Wean yourself from all beside, and learn to feed on God. Withdraw your rootlets from men and things, and let them travel to the river of God, which is full of water. Close other doors, and open those that lead out on to the terrace, whence you may behold the far-spread landscape of what He is, and says, and is willing to be to us all.

Note that word **meditate**. The root must lie in contact with the stream, and the soul most steep itself in the Word of God. We must give the truth time to enter and pervade our souls. We must have retreats, shut away from the rush of life, up and down the glades of which we may tread. These retreats are oftener found within the soul; than without. Just as the temple of old, there was Solomon's porch, where Jesus walked, so in the temple within there are closes and cloisters, where we may commune with our heart, and be still.

**F B Meyer (Our Daily Homily):**

Leviticus 11:3 *Whatsoever parteth the hoof and cheweth the cud. (R.V.)*

The animals, in which these two characteristics met, were reckoned clean, and therefore fit for food. It is certain that the minute particularity of these words has some further reference than to the diet of Israel, important though that was, or to accentuate with every meal the necessity of their being a separate people. We, at least, may gather this lesson, that in our daily experience we must combine meditation and separation.

**Meditation.** — The cattle do not simply browse on the pastures, but they lie down to chew the cud. It is not enough to peruse our allotted Scripture portion; we must ruminate upon it, comparing spiritual things with spiritual, and scripture with scripture. The Holy Ghost will take of the things of Christ and show them unto us, and He will bring all things to our remembrance.

**Separation.** — “Whosoever doeth not righteousness is not of God.” “The Word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.” We have not meditated to good purpose unless we have felt its keen edge. Detachment from the world must follow on true attachment to Christ. Love to Naomi will draw Ruth from Moab across the Jordan.

**The two must be combined.** — The swine divideth the hoof, but cheweth not the cud, and was therefore unclean. A man may profess to love his Bible, but the supreme test is his daily separation from evil. On the other hand, our daily life ought to emanate, not from without, which is Pharisaism, but from within, where we chew the cud of holy **meditation**. (Our Daily Homily)

**F B Meyer** writes...

The habit of **meditating** on God's Word helps to induce the quiet heart and devout spirit which realizes the Lord's presence. The Bible is like the garden in which the Lord God walked in the cool of the day; read it much and prayerfully, and you will meet Him in its glades. ( March 27, Our Daily Walk)

The Blessed, or Happy, man is also described positively (Ps 1:2-notes). This delight comes as naturally as appetite for food, when the soul is in a healthy condition. Under the inspiration of that delight, we shall **meditate** on God's Word continually, storing it in the heart, and reciting it when travelling, or in darkness. (May 11, Our Daily Walk)

Out of faith comes faithfulness. Faith is your trust in another; faithfulness is your worthiness to be trusted. A faithful soul, one that can be absolutely relied upon, is of great price. Nothing so quickens our faith as to **meditate** on God's absolute trustworthiness. "Blessed is the man that trusteth in Him." (November 12, Our Daily Walk)

The name of God is good, a wholesome theme for meditation, because it includes his nature. To **meditate** on it is soul-quieting and elevating. O troubled one, get away to some quiet spot and wait on God! (Our Daily Homily, Psalm 52:8)

**Meditate** on these three attributes. He is the God of your mercy, the Fountain from which pure mercy flows, and nothing but mercy; He is your High Tower, Whom you may put between yourself and Saul's hate; He is your Strength, not that you receive strength from Him, but that you appropriate Him as your strength. Stay thus **musing** and resting, until in that very house, pent in and besieged, you shall break into song, singing of God's strength, singing aloud of His mercy in the morning. (Our Daily Homily, Psalm 59:9)

**Vance Havner** commenting on "And Isaac went out to meditate in the field at the eventide" (Ge 24:63) says

Isaac would definitely be out of style today. When have you seen anybody walking alone in quiet meditation? Such a stroller would be viewed with suspicion by his hustling, car-borne contemporaries.

I have sought to emphasize certain themes—revival, discipleship, the Lordship of Christ, the filling of the Spirit, the Lord's return. I have endeavored to call preachers to more **meditation** and **reflection** and **solitude** in this harassed and ear-splitting day.

I have tried to call on Christians, and especially preachers, to find time for quiet **meditation** and **reflection**; to be still and know God. If we spent more time like our Lord, by the sea or on the mountain in **meditation** and prayer, we would not be so easily addled by every little theological and sociological fad that comes by. I would say to preachers: "Get alone in the woods with your Bible, away from 'the madding crowd's ignoble strife/ telephones, and committee meetings...Read and pray until the fire burns in your bones."

“Prayer, meditation, and temptation  
make a minister” (1483–1546)  
- **Martin Luther**

Meditation fits a man for supplication.-Anon.

Meditation has a digesting power and turns special truth into nourishment.-Anon.

The hearer of God’s Word ought to be like those animals that chew the cud; he ought not only to feed upon it, but to ruminate upon it.-Augustine

The vessels are fullest of grace which are nearest its spring. The more Christ’s glory is beheld, the more men are changed.-William Bagshawe

Meditation is the acting of all the powers of the soul.-Richard Baxter

Meditation is the life of most other duties.-Richard Baxter

There must be inward practice by meditation and outward practice in true obedience. - Richard Baxter

A man may think on God every day and meditate on God no day.-William Bridge

Memorization is the first step to meditation.-Jerry Bridges (see Memorizing His Word)

Continual meditation on the Word is not ineffectual;... God, by one and another promise, establishes our faith.-John Calvin

Merely having an open mind is nothing. The object of opening the mind, as of opening the mouth, is to shut it again on something solid.-G. K. Chesterton (cp Ep 1:18, 19-note)

Meditate on our making, that we may fall in love with our Maker.-David Dickson

There is no place like the feet of Jesus for resolving the problems that perplex our hearts.-G. B. Duncan (cp Luke 10:38, 39, 40, 41, 42).

Meditation is the soul’s chewing.-William Grimshaw

Speed-reading may be a good thing, but it was never meant for the Bible. It takes calm, thoughtful, prayerful meditation on the Word to extract its deepest nourishment.-Vance Havner

When we are too busy to sharpen the axe, we are too busy.-Vance Havner

Meditation is the best help to memory.-Matthew Henry

It is easier to go six miles to hear a sermon, than to spend one quarter of an hour in meditating on it when I come home.-Philip Henry

Meditation keeps out Satan. It increases knowledge, it inflames love, it works patience, it promotes prayer, it evidences sincerity.-Philip Henry

The mind grows by what it feeds on.-Josiah Holland (Amen!)

It is to our shame that we have imbibed too much of this world's materialism and unbelief. What do we need more than to meditate on the precious covenant promises of Holy Scripture until our souls have drunk deeply into the spirit of a biblical supernaturalism? What could be more profitable than to eat and drink of heaven's biblical nourishment till our souls become vibrant with the age-old prayer for revival, and till we find grace to plead our suit acceptably at the throne of grace? – Maurice Roberts in The Prayer for Revival (Psalm 89)

Meditation is a serious intention of the mind whereby we come to search out the truth and settle it effectively upon the heart.-Thomas Hooker

There is such a thing as sacred idleness.-George MacDonald

Truths are concocted and ripened by meditation.-Thomas Manton

Meditation is a scriptural duty... as binding as Bible reading and prayer.-John J. Murray

If I have observed anything by experience it is this: a man may take the measure of his growth and decay in grace according to his thoughts and meditations upon the person of Christ, and the glory of Christ's kingdom, and of his love.-John Owen

Meditate on the Word in the Word.-John Owen

It is well that we accept the hard truth now: The man who would know God must give time to Him. He must count no time wasted which is spent in the cultivation of His acquaintance. He must give himself to meditation and prayer hours on end. – A. W. Tozer

In meditation, the whole man is engaged in deep and prayerful thought on the true meaning and bearing of a particular biblical passage.-J. I. Packer

Meditation is the activity of calling to mind, and thinking over, and dwelling on, and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God.-J. I. Packer

Sustained imaginative reflection is, if I am not mistaken, so rare today that few of us understand its power to motivate, and are not ourselves motivated by it.-J. I. Packer

The minister who is to preach biblically can only do so as a result of much meditation.-J. I. Packer

Contemplation is a perspective glass to see our Saviour in; but examination is a looking-glass to see ourselves in.-William Secker

Meditation is the grand means of our growth in grace; without it, prayer itself is an empty service.-Charles Simeon

Our design in meditation must be rather to cleanse our hearts than to clear our minds.-George Swinnock (cp Pr 4:23-see notes)

Whatever engages my attention when I should be meditating on God and things external does injury to my soul.-A. W. Tozer

Reading and conversation may furnish us with many ideas of men and things, yet it is our own meditation that must form our judgement.-Isaac Watts

The heart is heated by meditation and cold truth is melted into passionate action.-Donald S. Whitney

(These are adapted in part from the best collection of quotations I have ever seen - **highly recommended** - Amazon.com *The Complete Gathered Gold A Treasury of Quotations for Christians* - John Blanchard) (Computer version)

### **J. Vernon McGee on Meditation**

“**Meditate** is a very figurative word. It pictures a cow chewing her cud. I’m told that the cow has several compartments in her tummy. She can go out in the morning, graze on the grass when the dew is on it in the cool of the day. Then when it gets hot in the middle of the day, she lies down under a tree and begins to chew the cud. She moves the grass she had in the morning back up and now she masticates it, she goes over it again. That is what we do when we meditate. We go over what we have read. Way back in 1688 Bartholomew Ashwood said, “Meditation chews the cud.” My, how that is needed today in the lives of believers. Remember that James spoke of the man who beholds his natural face in a mirror, then “... immediately forgotten what kind of person he was.” (Jas 1:24-note).

We are to **meditate** on the Word of God (which is God’s mirror that shows us what we really are). We are to allow the Word to shape our lives. My friend, God has no plan or program by which you are to grow and develop as a believer apart from His Word. You can become as busy as a termite in your church (and possibly with the same effect as a termite), but *you won’t grow by means of activity. You will grow by meditating upon the Word of God*—that is, by going over it again and again in your thinking until it becomes a part of your life. This is the practice of the happy (blessed) man (Psalm 1:1,2- see notes Psalm 1:1; 1:2).” (McGee, J V: *Thru the Bible* Commentary: Nashville: Thomas Nelson)

Source: [http://www.preceptaustin.org/a\\_primer\\_on\\_meditation.htm](http://www.preceptaustin.org/a_primer_on_meditation.htm)