



MEDITATION

1. Definition

- Heb hagah-
- to moan, to utter, to mutter, to meditate, to speak
- Meditation is a combination of reviewing, repeating, reflecting, thinking, analyzing and feeling

2. Meditation and the Christian

- Meditation doesn't easily fit into Western culture
- We value action and busyness more than stopping and considering
- We have to overcome some cultural obstacles to learn to meditate.

3. Steps of meditations

- Take time to read a verse or passage over and over.
- Memorize all or part of it.
- Listen—quiet your heart to allow the Holy Spirit to speak to you through God's Word.
- Consider how it fits with the rest of the Bible and life in general.
- Become emotionally involved—allow yourself to feel what God feels, his desires expressed through his words.
- Move from meditation to application—connect your thoughts to action. Consider how the truth and power of the Word of God should affect your behavior.

4. Our meditations focus Phil 4:8

- "Finally, brethren, whatever things are true,
 - True is truth
- Whatever things are honest,
 - Honest is honesty
- Whatever things are just,
 - Just is keeping God's commands, fair
- Whatever things are pure,
 - Pure is pure from carnality, from every fault, clean
- What ever things are lovely,
 - Lovely is acceptable and pleasing
- What ever things are of good report,

- Good report is well spoken of i.e. reputable
- If there is any virtue and if there is anything praiseworthy
 - Praiseworthy is anything worth commending
- Meditate on these things"

5. **David Meditates**

- On your bed - Ps 4:4
- At night – Ps 63:6
- Within my heart – Ps 77:6
- On all God's Work – Ps 77:12
- On God's precepts – Ps 119:15
- On God's wondrous works – Ps 119 :27
- On God's Word – Ps 119:148
- On God's past deeds – Ps 143:5

6. **Summary**

Christians must create opportunities to spend time meditating (thinking) on spiritual things. It's the WORLD or God who will rule us