

“CHRISTIAN MEDITATION”

PHILIPPIANS 4:8

Philippians 4:8 “Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things.”

1. What does meditations mean for the Christian?

2. Why should we be concerned about making time to meditate?

3. How should we meditate?

EXAMPLES FROM SCRIPTURE...

Isaac- Genesis 24:63

“In the early evening Isaac went out to walk in the field and looked up.” HCSB

“And Isaac went out to meditate in the field toward evening.” ESV

Joshua- Joshua 1:8

“This book of instruction must not depart from your mouth; you are to recite it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in everything you do.”

David- Psalm 119:99

“I have more insight than all my teachers
because Your decrees are my meditation.”

Paul to Timothy- I Timothy 4:15

“Practice these things; be committed to them, so that your progress may be evident to all.”

What meditation is not-

-trying to experience truth, peace, or being that is “inexpressible”

-trying to “experience” God or receive divine revelation from Him

What meditation is-

-contemplating “truth” and reality already revealed

-nourishing man with the understanding of God and His will”

The difference really is
“subjective” vs. “objective”

Subjective- a worldly view attempting to empty the mind so as to receive truth within

(Transcendental meditation, Hinduism, Buddhism, Eastern mysticism)

Objective- a biblical view attempting to dwell on truth and reality already revealed

(God Himself, His works, His revealed Word)

Why should we meditate?

1. It is a source of joy and strength for the believer.

Psalm 1:1-2 “How happy is the man who does not follow the advice of the wicked or take the path of sinners or join a group of mockers! Instead, his delight is in the Lord’s instruction, and he meditates on it day and night.”

Isaiah 40:28-31 “Do you not know? Have you not heard? Yahweh is the everlasting God, the Creator of the whole earth. He never grows faint or weary; there is no limit to His understanding. He gives strength to the weary and strengthens the powerless. Youths may faint and grow weary, and young men stumble and fall, but those who trust in the Lord will renew their strength; they will soar on wings like

eagles; they will run and not grow weary;
they will walk and not faint.”

2. It is an important part of the transformation of the believer.

a. the goal of the believer is to be more like Christ

Romans 8:29 “For those He foreknew He also predestined to be conformed to the image of His Son, so that He would be the firstborn among many brothers.”

b. this requires a transformation

Romans 12:1-2 “Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy, and pleasing to God; this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”

c. this is only possible when we get our minds on things above

Colossians 3:1-2 “So if you have been raised with the Messiah, seek what is above, where the Messiah is, seated at the right hand of God. Set your minds on what is above, not on what is on the earth.”

“Don’t be so heavenly-minded that you are of no earthly good.”

d. Put “off” the old man and put “on” the new man

Colossians 3:5-14 “Therefore, put to death what belongs to your worldly nature; sexual immorality, impurity, lust, evil desire, and greed, which is idolatry. Because of these, God’s wrath comes on the disobedient, and you once walked in these things when you were living in them.

But now you must also put away all the following: anger, wrath, malice, slander, and filthy language from your mouth. Do not lie to one another, since you have put off the old self with its practices and have put on the new self. You are being renewed in the knowledge according to the image of your Creator. In Christ there is not Greek or Jew, circumcision, and uncircumcision, barbarian, Scythian, slave

and free; but Christ is all and in all. Therefore, God's chosen ones, holy and loved, put on heartfelt compassion, kindness, humility, gentleness, and patience, accepting one another and forgiving one another if anyone has a complaint against another. Just as the Lord has forgiven you, so you must also forgive. Above all, put on love—the perfect bond of unity.”

3. Many believers fall because they meditate on the wrong things.

a. the Flesh vs. the Spirit

Romans 8:5-8 “For those who live according to the flesh think about the things of the flesh, but those who live according to the Spirit, about the things of the Spirit. For the mind-set of the flesh is death, but the mind-set of the Spirit is life and peace. For the mind-set of the flesh is hostile to God because it does not submit

itself to God's law, for it is unable to do so.
Those who are in the flesh cannot please
God.”

b. The believer cannot dwell on carnal things

H.H.H.

(this is not the power of positive thinking)

How do I meditate the right way?

1. The Bible should be our primary focus.

Psalm 1:2 “Instead, his delight is in the Lord’s instruction, and he meditates on it day and night.”

2. I should approach it with a contemplative spirit.

Psalm 119:15, 18 “I will meditate on Your precepts and think about Your ways. Open my eyes so that I may contemplate wonderful things from Your instruction.”

3. I should ask the following questions...

a. is there truth I should learn from this
verse

b. is there something I should change in
light of these thoughts (put off)

c. is there a habit I should begin (put on)

Philippians 4:8 “Finally brothers, whatever is true (whatever is found in God), whatever is honorable (noble, worthy of respect), whatever is just (what is right), whatever is pure (clean or undefiled), whatever is lovely (kind or gracious), whatever is commendable (of good report, highly regarded or thought well of)—if there is any moral excellence and if there is any praise—dwell on these things.”

Psalm 19:14 “May the words of my mouth
and the meditation of my heart be
acceptable to You, Lord, my Rock and my
Redeemer.”