

“Christian Meditation”

Philippians 4:8

1. What does meditation 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

Joshua- Joshua 1:8

David- Psalm 119:99

Paul to Timothy- I Timothy 4:15

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; Isaiah 40:28-31

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
 - b. this requires a transformation Romans 12:1-2
 - c. this is only possible when we set our minds on things above Colossians 3:1-2
 - d. put “off” the old man and put “on” the new man Colossians 3:5-14

3. Many believers fall because they meditate on the wrong things.
 - a. the Flesh vs. the Spirit Romans 8:5-8
 - 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
2. I should approach it with a contemplative spirit. Psalm 119:15, 18
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.”