

Meditation on God's Word

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I. Introduction.

A. There are many verses on meditation. (Psalm 14:19; 63:6; 119:15, 78, 97, 99; Joshua 1:8; Psalm 1:3)

II. Need for meditation.

A. We share in Jesus' life to be fruitful. (John 15:5)

B. Old Testament illustration of John 15:5 is a tree planted by water. (Jeremiah 17:7-8)

1. The two threats to a tree are heat and drought.
2. But its leaf remained green and it continued to produce fruit.
3. Its secret was that its roots were in contact with the river.
4. This is an Old Testament picture of the Christian in contact with Jesus Christ bearing fruit for God.

C. How to tap into the life of Christ. (Psalm 1:3)

1. The man's delight is to be in the Law of the Lord.
2. He meditates on the Word day and night.
3. One shares in the life of Jesus Christ through meditation on the Word.

D. Defining fruit.

1. Fruit is the excess life of nourishment.
2. Fruit is the excess of sharing life with Jesus Christ through meditation on the Word.

E. We meditate on the Word to be healthy Christians, we study the Word to be intelligent Christians, we memorize the Word to be skillful Christians, and we meditate on the Word to be fruitful Christians.

F. Christ comes in the volume of the book. The Words Jesus speaks are Spirit and life. The Bible is not a barrier but the chief means to sharing in the life of Christ. (Psalm 40:7; John 6:63)

III. Meditation process.

A. Meditation is rumination - a cow chews something up and stores it up for later.

1. The cow ruminates in perfect timing and squeezes the nourishment out of it.
2. We extract the life of Christ into us in a similar manner through meditation. We make Christ's life part of our own spiritual bloodstream.

B. We are to meditate on the Word of God day and night. (Joshua 1:8; Psalm 1:3)

1. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.
2. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious transfers on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose. There is a communication breakdown.
3. In order to meditate on the Word day and night we must make use of the subconscious. One must give God the "night key" to the heart. His Word must be the last word. (Proverbs 6:23)

IV. How to get started.

A. Decide the Scripture you are going to major on the following day.

1. Read it before you go to bed.
2. Ask God to speak to you out of that passage a command, a promise or some counsel.
 - a. God knew the Bible was completed when every experience had been recorded with commentary on what to do.
 - b. God has a way of pinpointing a thought in the Word that will help us face the greatest challenge of the next twenty-four hours.
 - c. The Speaker goes through the Psalms on a monthly calendar until he comes across one that speaks to him.
3. The Devil throws in stray thoughts, and one needs to go back to the thought God gave him previously. Look for thoughts that reinforce the thought God gave you previously.
4. The subconscious is powerful and it plays back the thoughts we put there - including the Word of God.

B. Mechanical helps for meditation.

1. Judson meditated seven times a day. (Psalm 119:164)
2. One can set an alarm on one's watch to meditate throughout the day.
3. David sought to reinforce the subconscious by waking at midnight for meditation. (Psalm 119:62)
4. The only legitimate use of the subconscious mind is to meditate on the Word of God.

V. Conclusion.

- A. Meditation is receiving Christ.
- B. We meditate to share Christ's life and be fruitful.
- C. We meditate by making our last waking thought God's Word.
- D. We can start right now.
- E. This can result in a life changing experience.

Application questions.

1. What is meditation? Why is the use of the mind so important for the Christian life?

2. Outline the suggestions the speaker gives for meditation. What stood out to you?

3. What is your plan? How will you bear more fruit by sharing in the life of Christ?
