

Scriptural Meditation

I. Language background. Definition.

Meditate: v. —tr. 1. To reflect upon; ponder; contemplate: 2. To plan or intend in the mind - --intr. To engage in contemplation (Latin *meditari*, see *med-* in appendix to think about, consider, reflect:

Contemplate: --tr. 1. To look at pensively. 2. To ponder or consider thoughtfully. 3. To intend or anticipate: to contemplate marriage. 4. To regard as possible; take seriously. —intr. To ponder; meditate See synonyms at 'see'. [Latin *contemplari*, to observe carefully (originally a term of augury: *corn-* intensive + *templum*, open space marked out by augurs for observation

Augur: 1. One of a group of religious officials of ancient Rome who foretold events by observing and interpreting signs and omens. 2. A seer or prophet; soothsayer

Verb, 1. To predict or prognosticate, as from signs or omens. 2. To serve as an omen of; betoken

--intr. 1. to conjecture or foretell from signs or omens 2. To be a sign or omen: [Latin, a senior priest of divination

augury: 1. The art, ability, or practice of auguring; divination 2. The rite performed by an augur. 3. A sign or omen; an indication [M English *augurie*, from Old French, from Latin *augurium*, from *augur*.

Consider: 1. To deliberate upon; examine; study. 2. To regard as; think or deem to be.. To believe after careful deliberation; to judge. 4. To take into account; make allowance for 5. To have regard for; pay attention to. 6. To regard highly; esteem. 7. To think about as possible or acceptable ...[M English *consideren*, from Old French *considerer*, from Latin *considerare*, to observe (originally a term of augury meaning "to observe the stars carefully")

Hebrew: *Hogoh*, *Sooakh* = meditate

II. Goal. "That I may see"

A. May be intentional or unintentional.

1. Ask God for what you want. Intentional.

Matt. 20:32,33. "Lord, that our eyes may be opened."

"Open my eyes that I may behold wondrous things out of Your law." Psalm 119:18

"The entrance of Your words gives light, it gives understanding to the simple" Psalm 119:130

2. May be unintentional. Maybe some emotional event, thought with emotional attachment. Daydream or nightmare. Associated with pain or pleasure, something loved or feared.

B. Reflection

"...beholding as in a mirror..." II Cor.3:18

C. Fill your thoughts with His Word.

1. Become preoccupied, day-dream, crowd out other thoughts. Joshua 1:8 "...but you shall meditate therein day and night, that you may learn...."
2. Choose the content of your daydreams.
3. This is a key battleground for spiritual warfare. Matt 4:1-11

III. Scriptural day-"dreaming."

Includes REM sleep.

A. R=Repetitive. Reflecting does not happen with a fleeting glance. It occurs with the 2nd look. It must be remembered.

1. Hand illustration:

Hear, Read, Study, Memorize = fingers. Thumb= Meditate.

Meditation is the background process going on whenever we are exposing ourselves to God's Word. So, we are to hear repeatedly, read repeatedly, study repeatedly, memorize repeatedly.

2. Look in the concordance and see the number of times God exhorts His people to "remember".

Been there, done that? Go there, do it again.

Philippians 4:8 "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things." V.9 "The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you."

B. E=Extended.

Exodus 3:3 Stop, look, and listen.

v.2-4 "The angel of the Lord appeared to him in a blazing fire from the midst of a bush; and he looked, and behold, the bush was burning with fire, yet the bush was not consumed. So Moses said, 'I must turn aside now and see his marvelous sight, why the bush is not burned up.'. When the Lord saw that he turned aside to look, God called to him from the midst of the bush and said, 'Moses, Moses!' and he said, 'Here I am.'". Pause long enough to see, and to listen to God speaking to you. Maybe a minute, maybe an hour, maybe a series of one minutes during the day and night, going to sleep, getting up.

C. M=Multifaceted.

Examining a gem.

1. A diamond is described by several criteria.

Weight, Color, Clarity, Defects

To see these characteristics better, use a magnifying glass to get a closer look. Put it under brighter light, to see the details better. Turn it, view it from different angles. Rough diamonds often need to be broken apart at precise lines in order to enhance their beauty.

2. GEM

a. G=Get information

i. Investigate. Ask who, what, when, where, why, how?

ii. Correlate. Look for comparisons, contrasts, and relationship with other portions of Scripture.

- iii. Illustrate. Let your imagination work under God's control. Let Him create images. ("that I may see")
 - Draw a picture of what you are reading, or what you are seeing.
 - Maybe describe in words what you see.
 - Maybe sing the verse, or the thought. Remind you of a song?
- b. E=Emphasize
 - i. Emphasize different words as you read. Mark the words, highlight related words or thoughts.
 - ii. Emphasize different viewpoints. (1st person: I. 2nd person: You. 3rd person: He/She/ They) What did he say? What did the other hear? What did God know that the guy did not? Why did he react that way? What would I think in that situation? How is this affecting me today?
- c. M=Make it personal.
 - i. Apply.
 - Ask:
 1. What impressed me most?
 2. Where do I fall short?
 3. With God's help, what am I going to do about it?
 - ii. Journal.
 1. Write it down.
 - New thought about God? Example to follow? To avoid? Sin to confess? Something to thank God for? Praise Him for? Answered prayer? Struggle? Unanswered question?
 2. May be able to share it with someone else. "...I thought about what you said...." (and I meditated on it!)

Psalm 1

1. How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!
2. But his delight is in the law of the Lord, And in His law he meditates day and night.
3. And he will be like a tree firmly planted by streams of water, Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.
4. The wicked are not so, But they are like chaff which the wind drives away.
5. Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.
6. For the Lord knows the way of the righteous, But the way of the wicked will perish.

Meditation.

Pray: "What do you want me to do for you?" Jesus asks. Matt. 20:32,33. "Lord, that our eyes may be opened."

"Open my eyes that I may behold wondrous things out of Your Law." Psalm 119:18

"The entrance of Your words gives light..." Psalm 119:130

Reflect on the World of God

"...beholding as in a mirror..." II Cor. 3:18



Joshua 1:8 "...in it you shall meditate day and night..."

Control your day "dreams". Choose the content. You need the right kind of **REM** sleep, in order to daydream Scripture:

Repetitive: the 2nd look. Must be remembered.

Hear, Read, Study, Memorize,...and *Meditate* on these.

"Think on these things..." Phillipians 4:8

Extended: prolonged time, linger, ponder.

Exodus 3:3 Stop, look and listen.

(Moses and the burning bush)

Multifaceted: like examining a **GEM**--

G: Get info

--Correlate (compare, contrast, cross reference)

--Investigate: (Who, What, When, Where, Why, How)

--Illustrate: picture it, draw it, sing it

E: Emphasize

--Different words

--Different viewpoints ("facets")

M: Make it personal

Apply:

--what impressed me most?

--how do I fall short?

--with God's help, what am I going to do about it?

Journal:

--record it