

Meditation on God's Word

Jim Downing

I. Introduction.

A. Context: the one who shares in the life of Christ and who He shares in Him proves fruitful. (John 15:5)

B. For every New Testament truth there is an Old Testament illustration. The person sharing life with Christ is like a tree planted by water. (Jeremiah 17:8)

1. The first adversity a tree faces is heat.

2. The second adversity a tree faces is drought.

3. The secret of the tree is that it is close to water and it can send its roots deep in the water.

C. The soul must have taproots in order to contact Christ and share his life.

D. The three main characteristics of the human personality are the mind, emotions, and will. These are also the three taproots that connect us to the soul.

II. The exercise by which the mind appropriates the life of Christ is through the Word of God.

A. How we exercise our mind on the Word: meditation. (Psalm 1:2-3; Joshua 1:8)

B. What is meditation?

1. Ruminant - a cow chews something up and stores it up for later. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it. We transfer the life of Christ into us in a similar manner.

2. The Word is not the barrier of Christ - it is the means by which we share it. (Psalm 138:2) Christ comes in the volume of the book. (Psalm 40:7)

3. The words spoken to men are Spirit and life. We feed on Christ through His words. (John 6:63)

C. What it means to meditate day and night. (Psalm 1:2-3; Joshua 1:8)

1. The answer to meditating during the day and night is to find the secret to meditating in the night.

a. When one goes to sleep the conscious mind transfers thought over to the subconscious mind. The subconscious mind is meant to renew and reinvigorate the body.

b. When the conscious mind transfers a problem over to the unconscious mind the subconscious mind's purpose is frustrated.

c. The one job of the subconscious mind is to meditate on God's Word.

3. To control the subconscious, you control the last waking thought that goes into your mind before you sleep. (Proverbs 6:22)

a. Set aside the last 3-5 minutes before you sleep to read the Bible.

b. Read the portion of the Bible you plan to read for tomorrow and ask the Lord for a personal message to you. Using the Psalms is a good example because you are tuning in on someone else's personal conversation with God.

c. When you sleep it will keep you, and when you are awake it will speak to you. When you go, the Word will guide you.

4. One needs to meditate throughout during the waking hours.

a. God made sure His thoughts were recorded for every generation. It is just like God to match the thought you need for the next day with what you read the night before. (Psalm 33:11)

b. Judson split the daytime into seven divisions to praise God throughout the day. (Psalm 119:164)

c. Not to recall and ruminate on the word throughout the day denies the person nourishment.

d. David meditated at midnight. (Psalm 119:62)

5. We need to feed on the Word to be healthy Christians, we need to study the Word to be intelligent Christians, we need to memorize the Word to be skillful Christians, and we need to apply the Word to be obedient Christians. (James 1:23)

III. Discussion.

A. Meditating on dreams at night placates nightmares.

B. If our subconscious does not have certain peace, our health can be adversely affected.

C. Look for thoughts when meditating that God has already been giving you to reinforce them.

D. You are not to meditate on the problem or the process, but you are to meditate on the Word.

E. It is best to zero in on one main thing.

F. Give God the night key to your heart.

Application questions.

1. Summarize some of the Jim Downing's key suggestions to meditating on the Word both day and night. What stood out to you?

2. Why is meditation upon God's Word important? Explain.

3. What do you plan to do in enhance your meditation upon God's Word throughout the day? Make a list of two or three things and share this with a friend.
