

# **Meditation**

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## I. Introduction.

A. A drink of God is life for the man being pursued by enemies. (Psalm 42:1)

## II. Need for meditation.

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

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

1. The two threats to a tree is 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. Our three taproots are the mind, will and emotions.

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.

## III. The meditation process - the taproot of the mind.

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.
3. 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. Christ comes in the volume of the book. (John 6:63; Psalm 40:7)

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. God's Word must be the last waking thought.

IV. How to get started.

A. Decide the Scripture you are going to major on the following day. (Proverbs 6:23)

1. Read it before you go to bed and it will speak to you during the night and carry on throughout the day.

2. Meditating gets the Word into the blood stream. (Psalm 119:97)

B. Mechanical helps for meditation.

1. Judson meditated seven times a day. (Psalm 119:164)

2. One can use a mechanical reminder to meditate throughout the day.

C. God knows the challenge that you will face, and He is trying to set us up for a good day by providing counsel for you through Scripture.

D. When reading Scripture ask God to give you a thought, command or warning. Then meditate on that thought the last moment before you go to sleep.

E. Finally, do not go to sleep worrying about whether the process is going to work. Meditate on the word God has given not the process.

Application questions.

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

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

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

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