

## **Meditation: Think About It!**

### **I Introduction**

Over seventy years ago, Dawson Trotman, founder of the Navigators, developed the Hand Illustration to show how an individual could get a grasp on the Word of God. He let the fingers represent methods of intake such as hearing, reading, studying, and memorization of the scriptures. The anchor of the illustration was the thumb which represented *meditation*.

Today, we will take a close-up look at Biblical *meditation* to learn what it is (and is not!), what are the benefits, and what are some practical tips on how to do it.

### **II Definition:**

In the Bible, there are at least 7 Hebrew and 2 Greek words for the word “meditation”. For the purposes of this workshop, we will not delve into each one but suffice to say they mostly fall into the following categories:

To “Meditate” as it appears in Webster's dictionary, means to reflect deeply upon, ponder, or contemplate.

A. To plan or intend in the mind.

- Reflect upon,

B. To reflect means to form an image of (an object), to mirror, to give back a likeness, and to think or consider seriously.

- Ponder,

C. To ponder means to weigh mentally, consider carefully.

- Contemplate

D. To contemplate means to ponder or consider thoughtfully, to regard as possible, take seriously, to intend or anticipate.

- Plan or intend in the mind.

E. Synonyms - chew over, muse, mull over, ruminate, speculate.

### III Semantics of Meditation:

Biblical Meditation - *Active/Deliberate* - Romans 12:2; II Corinthians 3:18

In the Bible, meditation always means pondering God's revealed truths and reflecting on how they pertain to us. David revels in the richness of God's law throughout Psalm 119. He encourages us to meditate on it: "I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word" (Ps. 119:15-16). Since all Scripture is God-breathed (2 Tim. 3:16), all of it is profitable for meditation in the biblical sense.

Eastern religions - *Passive*

Many Eastern religions advocate meditation and "higher forms of consciousness" as a way to discover a secret inner divinity.

Examples:

Yoga  
Transcendental Meditation

Hinduism - Release from the cycles of reincarnation are achieved through yoga and meditation. Disciples meditate on a word, phrase, or picture. Yoga involves meditation, chanting, postures, and breathing exercises.

### IV Benefits of Biblical Meditation:

Prosperity and success - "Joshua 1:8 - This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way *prosperous*, and then you will have good *success*."

Fruitfulness and prosperity - Psalm 1:2,3 - "But his delight is in the law of the Lord and in his Law doth he meditate day and night. And he shall be like a tree planted by the rivers of water that bringeth forth his *fruit* in his season. His leaf also shall not wither and whatsoever he doeth shall *prosper*."

Guidance - Genesis 24:63 - "And Isaac went out to meditate in the field in the evening; and he lifted his eyes and looked, and there, the camels were coming."

Happiness - James 1:25 (JBP) "The one who looks steadily into God's Word and makes that Word his habit, not listening and then forgetting, but actively putting it into practice will be *happy* in all he does."

Christian Character - Philippians 4:8 (Amplified) - "..., brethren, whatever is *true*, whatever is worthy of *reverence* and is *honorable* and *seemly*, whatever is *just*, whatever is *pure*, whatever is *lovely* and *lovable*, whatever is *kind* and *winsome* and *gracious*, if there is any *virtue* and *excellence*, if there is anything *worthy of praise*, think on and weigh and take account of these things [fix your minds on them].

## **V Practical Applications:**

**A. Day and night** - In Jim Downing's classic book on "Meditation" by Nav Press, he shares the following regarding the meditation process day and night:

- When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.
- The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose. There is a communication breakdown.
- The only legitimate use of the subconscious mind is to meditate on the Word of God (Proverbs 6:22).
- Following Jim Downing's advice, I have found it most profitable to read the Bible just before going to sleep and finding a command, promise, or encouraging word to meditate on through the night. "When I remember You on my bed, I meditate on You in the night watches." Psalm 63:6

### **B. Learn to wait** -

- Psalm 46:10 - "He says, 'Be still, and know that I am God'..."
- Psalm 40:1 - "I waited patiently for the Lord..."
- Isaiah 40:31 - "But they that wait upon the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

### **C. Memorize Scripture** - Psalm 119:9,11; Proverbs 4:22,23