

# Meditation

JOSHUA 1 VERSE 8

This book of the law shall not depart out of thy mouth; but **thou shalt meditate therein day and night**, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

1 TIMOTHY 4 VERSE 15

**Meditate upon these things**; give thyself wholly to them; that thy profiting may appear to all.

## INFORMATION

More often than not, when we hear about or think about meditation we think of what is known as “eastern meditation”. This often involves chanting, assuming specific physical poses, and sometimes the burning of incense. This so-called “eastern meditation” is tied to Buddhism and other eastern religions. Yoga is a modern practice that also includes this style of meditation. The objective of this style of meditation is to clear one’s mind of all thoughts, and search for inner peace or inner meaning.

This is not the type of meditation that the child of God should practice. Christian meditation is not about clearing our minds; we should never pursue that. It also does not involve chanting or incense. We should, instead, desire to center our mind on the Lord and gain a deeper understanding of God, not ourselves. Through a deeper understanding of God, we obtain a peace that surpasses understanding. Totally clearing our minds is opening ourselves up to unwanted influences. While it is impossible for Christians to be possessed by demons, we do not need outer demons to overcome us; our inner demons are frightful enough.

So, how do we meditate? Select a Bible book, chapter or verse or a vein of thought from the Bible. Then find a quiet, private place. Then, take your Bible, and start, first, by praying to God. Rehearse the words from the Bible quietly to yourself. When your mind inevitably drifts to other topics, choose to stop thinking about those things and focus your thoughts back on God’s word. According to how you feel driven, speak to God. It is not necessary to pray in a traditional way, just speak to God. Ask Him to reveal the meaning of the passage(s) you are dwelling on. At some point, you may desire to open the Bible and read the passages again. You may also find that the Spirit leads you to other passages as well. Keep these quiet times to yourself, and share them with only the individuals in which you are most spiritually close.

## WHAT IT MEANS TO OUR FAMILY

Put down the cell phone, take off the head phones, close the books, and put away the games and other distractions. Shut off the TV and the radio and find a quiet place. Dedicate a time to be with God (Psalm 46:10 says “Be still and know that I am God...”).

# Relevant Passages

## **Psalm 1:2**

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

## **Psalm 77:12**

I will meditate also of all thy work, and talk of thy doings.

## **Psalm 119:15**

I will meditate in thy precepts, and have respect unto thy ways.

## **Psalm 143:5**

I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

## **1 Timothy 4:15**

Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

## **Philippians 4:8**

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.