

Without *DAILY* contact with God, through meaningful Bible study, a person of God CANNOT be *ready in and out of season* for the attacks that Satan is sure to launch!

IV. Meditation (Handout 2)

Group Question: What is your definition of meditation?

"But to really profit from Bible reading, or even from diligent Bible study, we must deeply understand how to apply the Bible's words *to ourselves personally, in our own lives*. We must make it part of us. We can only *truly* do this by harnessing the power of meditation."

Meredith, R. C. (Sept.-Oct. 2005). *Living Church News* (p. 3).

A. Meditation: What Is It, and Why Do It?

Meditation is NOT "clearing your mind" and allowing your mind to rest, as certain so-called experts in stress management or the "Eastern arts" might recommend. "Clearing your mind" and just allowing it to remain "open and unclouded" can make it an *open target* for Satan and his broadcasts! Meditation is purposeful, guided thinking. It is taking time to think very deeply about a spiritual topic, situation, or Scripture. Meditation allows one to come to a much deeper appreciation for God and His way of life. It promotes deeper understanding of spiritual topics as well as a deeper and clearer understanding of one's self.

Meditation can also involve deep thought into different godly concepts. For example: the true meaning of repentance and what true repentance will look like in your life. Or, how deeply does Satan's deception affect the world and subsequently members of the Body of Christ and YOU? Following an in-depth Bible study on the topic of "light," you might then want to meditate on what you have learned, bringing all the concepts that you have studied together in your mind, so that you come to a much clearer understanding of the topic. To take it a step further, you might then want to meditate on the principle of "light" and apply it to your own life.

B. How to Meditate

Meditation involves looking at your life from God's vantage point, then making the proper adjustments so as to bring your life more inline with God's way of doing things. It involves deeply examining a topic, situation, or scripture and then asking some hard questions: 1) How well am I doing in this area? 2) What changes should I make in order to do a better Christian job? 3) How well am I applying this godly concept in my life? 4) How well do I understand this topic and how it relates to me?—For example: focusing on God's law as King David did (Psalm 1:1-6). 5) If I continue in this same path, what will be the outcome?—Pondering the path of one's feet (Prov 4:26).

C. Selected Biblical Examples of Meditation

Gen 24:63—Isaac meditated in the fields *in the evening*.

Joshua 1:8—God gave the command to meditate on His Law, *day and night*.

Psalm 63:6—David meditated in his bed late at night.

Psalm 119:27, 48, 78—David meditated on God's wonderful works, His statutes and His precepts.

1 Tim 4:15—God, through the Apostle Paul, commanded Timothy to meditate on the issues that Paul was addressing in his letter.