

## Christian Meditation

### *What is Christian meditation?*

Christian meditation is simply the ability to hear God's voice and obey His Word. Christian meditation is not the same as Eastern meditation or any other type. For example, Eastern meditation attempts to empty the mind, but Christian meditation attempts to fill the mind. Eastern meditation stresses the need to become detached from the world, but Christian meditation goes far beyond that: detachment from the world is not enough—we must go on to attachment with Christ.

### *What happens during Christian meditation?*

Meditating in the Word of God creates emotional and spiritual space for Christ to construct an inner sanctuary in our hearts. The risen Lord told the apostle John on the island of Patmos, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come into him and dine with him, and he with Me" (Revelation 3:20). This passage was originally addressed to believers, not unbelievers. Christ longs to eat with us, to commune with us, and as we meditate in the Word of God, we become intimate with Jesus.

### *Christian meditation can lead to many good things.*

#### *1. Becoming prosperous and successful*

The children of Israel had come to the east of the Jordan River, their leader Moses had died, and the new leader Joshua was encouraged by God that He would be with him as He was with Moses. God commanded Joshua to meditate day and night on His Word—the Book of the Law—so that he might observe what was written in it and thereby become prosperous and have success (Joshua 1:8).

Joshua obeyed God's word and became prosperous, and he succeeded. He divided the land to his people. They fought and defeated their enemies. Realizing what God had done for him, toward the end of his life, Joshua gathered Israel and said to them, "And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that *were* on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD" (Joshua 24:15).

#### *2. Becoming a blessed person*

In Psalm 1 we read about the blessed man. What caused him to be blessed? He meditated day and night in the law of God. Because he meditates in the Word of God, he does not:

- a. walk in the counsel of the ungodly,
- b. stand in the path of sinners, or
- c. sit in the seat of the of the scornful.

Instead, he has much delight in the Word of God. He enjoys it. Now, what will happen to this man: "He shall be like a tree Planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper" (Psalm 1:3).

#### *3. Becoming more insightful*

The psalmist says in Psalm 119:99, "I have more insight than all my teachers. How? Because I meditate on your statutes." And verse 97 says, "Oh, how I love your law! I meditate on it all day long."

What is insight? The word *insight* is formed from the prefix *in-* plus the English word *sight*—which literally means seeing inward. It is a power to see what is not evident to the average

mind—a deep understanding of a specific cause and effect within a specific context. An insight usually manifests itself suddenly, such as understanding how to solve a difficult problem.

If meditating in the Word of God gives all these things, it seems we have the formula for success, prosperity, and insightfulness—so, we ought to do it more often. We all know that physical exercise is good for our bodies, but do we do it regularly? If you want to be successful as a spouse, as a parent, or in your business or profession, you need the discipline of meditation on the Word of God.

### ***How do we do meditation as Christians?***

- Find a quiet place (put your phone away).
- Start small—say, 10 minutes.
- Choose a word or verse to meditate on, and ponder on it, reflecting on God’s work and rehearsing God’s deeds. For example, if I were meditating on Romans 5:8, I would say, “God demonstrated His own love toward (Philip), in that while (Philip) was still a sinner, Christ died for (Philip).” While meditating, I am internalizing and personalizing the passage.

Also, remember that meditating on Scripture is not the same as studying Scripture. Study centers on exegesis (critical explanation or interpretation of a text), while meditation centers on internalizing and personalizing the passage. It is not a time for technical studies or analysis. We usually don’t analyze the words of someone we love but accept them as they are said to us. In the same way, you accept the Word of Scripture and ponder it, as Mary did in Luke 2:19: “Mary kept all these things and pondered them in her heart.”

Brethren, as we meditate on God’s Word, let us ask the Holy Spirit to give us revelation of the hidden truths, and then believe that He will. Meditation produces revelation, and revelation motivates us to worship Him and obey Him. Obedience to the truth is the only thing that releases God to conform us more to the image of His Son, which brings us into intimate friendship with Him. May the God of our Lord Jesus Christ, the Father of glory, give unto us the spirit of wisdom and revelation in the knowledge of Him. Amen.