
Basic Disciplines for Believers

Discipline #1: BIBLE SATURATION – I am filling myself with God's Word WEEK #5 – Bible Deepening – “Meditation” – Thinking About What the Bible Says

A. WHAT DOES MEDITATION MEAN? (Two key ideas in the meditation terms of the Old Testament)

- (1) Talking to Yourself – talking to oneself – muttering, speaking – talking the Word to oneself (an onomatopoeic term – hagdah – including growl of lions, Isa 31:4, mourning of doves, Isa 38:14; and low thunder, Job 37:2)
- (2) Reviewing Constantly – Rehearsing over and over in one's mind or outwardly talking; occupying one's attention.

B. WHAT DO WE THINK ABOUT?

(1) Upon God Himself

Ps 63:6 When I remember You on my bed, I meditate on You in the *night* watches. (1897)

Ps 145:5 I will meditate on the glorious splendor of Your majesty, And on Your wondrous works. (7878)

(2) Upon God's Works

Ps 9:16 The Lord is known *by* the judgment He executes; The wicked is snared in the work of his own hands. Meditation. Selah (1902)

Ps 77:12 I will also meditate on all Your work, And talk of Your deeds. (1897)

Ps 119:27 Make me understand the way of Your precepts; So shall I meditate on Your wondrous works. (7878)

Ps 143:5 I remember the days of old; I meditate (1897) on all Your works; I muse (7878) on the work of Your hands. (1897)

Ps 145:5 I will meditate on the glorious splendor of Your majesty, And on Your wondrous works. (7878)

(3) Upon God's Word

Josh 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. (1897)

Ps 1:2 But his delight *is* in the law of the Lord, And in His law he meditates day and night. (1897)

Ps 119:15 I will meditate on Your precepts, And contemplate Your ways. (7878)

Ps 119:23 Princes also sit *and* speak against me, *But* Your servant meditates on Your statutes. (7878)

Ps 119:27 Make me understand the way of Your precepts; So shall I meditate on Your wondrous works. (7878)

Ps 119:48 My hands also I will lift up to Your commandments, Which I love, And I will meditate on Your statutes.

Ps 119:78 Let the proud be ashamed, For they treated me wrongfully with falsehood; *But* I will meditate on Your precepts. (7878)

Ps 119:97 Oh, how I love Your law! It *is* my meditation all the day. (7881)

Ps 119:99 I have more understanding than all my teachers, For Your testimonies *are* my meditation. (7881)

Ps 119:148 My eyes are awake through the *night* watches, That I may meditate on Your word. (7878)

(4) We can meditate upon evil as well as good – Choose the good!

Ps 1:1 Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;

Ps 2:1 Why do the nations rage, And the people plot a vain thing? (1897)

Ps 38:12 Those also who seek my life lay snares *for me*; Those who seek my hurt speak of destruction, And plan deception all the day long. (1897)

Prov 24:2 For their heart devises violence, And their lips talk of troublemaking. (1897)

Is 59:3 For your hands are defiled with blood, And your fingers with iniquity; Your lips have spoken lies, Your tongue has muttered perversity. (1897)

C. WHY MEDITATE

(1) To Please God (includes Our Purposeful Intent)

Ps 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer. (1902)

Ps 104:34 May my meditation be sweet to Him; I will be glad in the Lord. (7879)

(2) To Be Able to Obey What God Tells Me, and Receive the Blessings that Come From Obedience

Josh 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. (1897)

(3) To Understand What God Has Revealed

Ps 49:3 My mouth shall speak wisdom, And the meditation of my heart *shall give* understanding. (1900)

D. WHEN to MEDITATE

(1) Day & Night (Always)

Josh 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. (1897)

Ps 1:2 But his delight *is* in the law of the Lord, And in His law he meditates day and night. (1897)

Ps 71:24 My tongue also shall talk of Your righteousness all the day long; For they are confounded, For they are brought to shame Who seek my hurt. (1897)

Ps 119:97 Oh, how I love Your law! It *is* my meditation all the day. (7881)

(2) In the Evening

Gen 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. (7742) – This word, used only once, implies walking around while thinking or praying.

Ps 63:6 When I remember You on my bed, I meditate on You in the night watches. (1897)

Ps 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search. (7878)

Ps 119:148 My eyes are awake through the night watches, That I may meditate on Your word. (7878)

E. HOW to MEDITATE

(1) Continuous Purposeful Thinking

Ps 1:2 But his delight *is* in the law of the Lord, And in His law he meditates day and night. (1897) – SEE VERSE 1!

Ps 119:97 Oh, how I love Your law! It *is* my meditation all the day. (7881)

(2) Spending Specific Time Focusing on God's Word

Ps 63:6 When I remember You on my bed, I meditate on You in the night watches. (1897)

Ps 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search. (7878)

Ps 119:148 My eyes are awake through the *night watches*, That I may meditate on Your word. (7878)

(3) Singing the Word

Ps 5:1 To the Chief Musician. With flutes. A Psalm of David. Give ear to my words, O Lord, Consider my meditation. (1901)

Ps 77:6 I call to remembrance my song in the night; I meditate within my heart, And my spirit makes diligent search. (7878)

Ps 105:2 Sing to Him, sing Psalms to Him; Talk of all His wondrous works! (7878)

(4) Talking of God or His Word

Ps 77:12 I will also meditate on all Your work, And talk of Your deeds. (7878)

Ps 105:2 Sing to Him, sing Psalms to Him; Talk of all His wondrous works! (7878)

Prov 8:7 For my mouth will speak truth; Wickedness *is* an abomination to my lips. (1897)

Prov 15:28 The heart of the righteous studies how to answer, But the mouth of the wicked pours forth evil. (1897)

(5) Walking and Praying, Thinking

Gen 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. (7742)

F. NT WORDS (Meditation is not presented in the NT in the same way as the OT)

- **Luke 21:14** "Therefore settle *it* in your hearts not to meditate beforehand (προμελετάω – promeletao – prepare ahead of time) on what you will answer; (1x only)
- **1 Tim 4:15** Meditate (μελετάω – meletao – to practice, cultivate, plot) on these things; give yourself entirely to them, that your progress may be evident to all. (Acts 4:25 "to plot") (2x)
- **Rom 7:22** "For I delight (συνήδομαι – sunedomai) in the law of God according to the inward man." (1x only)
- **Phil 4:8** Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy -meditate (λογίζομαι – logidzomai – to reckon, count, take into account, to factor in) on these things. (40x)
- **2 Cor 10:5** casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,
- **Col 3:16** Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Basic Disciplines for Believers

OVERVIEW: Discipline #1: BIBLE SATURATION (Be a Sponge!) – *I am filling myself with God's Word*

1. **Bible Reading** – Familiarization – Knowing What the Bible Says (**Public** Reading, **Personal** Reading)
2. **Bible Feeding** – Instruction – Learning What the Bible Means
3. **Bible Treasuring** – Memorization – Saving What the Bible Says into My Heart
4. **Bible Deepening** – Meditation – Thinking About What the Bible Says
5. **Bible Keeping** – Application – Doing What the Bible Says

BE A SPONGE!

- **Reading** is like a light mist. The more you mist, the more the water enters the sponge.
- **Feeding** is like a direct shot of focused spray which soaks a small area.
- **Memorizing** is like repeatedly spraying a small spot.
- **Meditation** is like continually squeezing the sponge, working the water in.

LESSON IDEAS

(Choose & Develop What Fits for Your Class)

Meaning:

- **Say It Over and Over**
- **Keep It In Your Mind**

Key Verses:

- **Joshua 1:8**
- **Psalms 1:1-2**

Meditate On:

- **Who God Is**
- **What God Has Done**
- **What God Has Said**
- **[Means Choosing NOT to Meditate on Other Things]**

Why Meditate:

- **To Please God**
- **To Obey God**
- **To Understand God's Truth**

When to Mediate:

- **All the Time**
- **At Specific Times**

How to Meditate:

- **Thinking Always**
- **Taking Specific Time**
- **Singing God's Truths**
- **Talking God's Truths**
- **Walking and Thinking**

PLEASE SEND YOUR IDEAS, IF YOU HAVE TIME. Thanks!