

MEDITATE, MEDITATED, MEDITATING, MEDITATION

Isaac had a practice of going into the field in the evening to **meditate**.

- **Genesis 24:63:** "And Isaac went out to meditate in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming."

God commanded Joshua to keep the law of God in his mouth. Joshua was commanded to speak about God's law, think about it, **meditate** upon it, and obey it (day and night).

- **Joshua 1:8:** "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."

The reason God commanded Joshua to **meditate** upon His law was so that he would keep all of it.

- **Joshua 1:8:** "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."

There's a blessing for those who keep studying and **meditating** upon God's law (both day and night).

- **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."

We must **meditate** upon the greatness of God.

- **Psalm 4:4:** "Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah."

The psalmist prayed that God would consider the things he was **meditating** on.

- **Psalm 5:1:** "Give ear to my words, O LORD, consider my meditation."

It's good to **meditate** upon the lovingkindness of God.

- **Psalm 48:9:** "We have thought of thy lovingkindness, O God, in the midst of thy temple."

It's good to **meditate** upon things in our heart (provided that what we're pondering is wise).

- **Psalm 49:3:** "My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding."

At night, David **meditated** upon God.

- **Psalm 63:6:** "When I remember thee upon my bed, and meditate on thee in the night watches."

It was painful for Asaph to **meditate** upon the fact that the wicked had more prosperous lives than the righteous.

- **Psalm 73:12, 16:** "Behold, these are the ungodly, who prosper in the world; they increase in riches. ... When I thought to know this, it was too painful for me;"

When Asaph was troubled, he said that he would **meditate** upon all the works of God.

- **Psalm 77:2, 12:** "In the day of my trouble I sought the Lord: my soul ran in the night, and ceased not: my soul refused to be comforted. ... I will meditate also of all thy work, and talk of thy doings."

When we're troubled, we should **meditate** upon the greatness of God.

- **Psalm 77:2, 12-13:** "In the day of my trouble I sought the Lord: my soul ran in the night, and ceased not: my soul refused to be comforted. ... I will meditate also of all thy work, and talk of thy doings. Thy way, O God, is in the sanctuary: who is so great a God as our God?"

Meditating upon God should be a source of joy.

- **Psalm 104:34:** "My meditation of him shall be sweet: I will be glad in the LORD."

We must **meditate** on God's precepts.

- **Psalm 119:15:** "I will meditate in thy precepts, and have

respect unto thy ways."

We must **meditate** on God's statutes.

- **Psalm 119:23:** "Princes also did sit and speak against me: but thy servant did meditate in thy statutes."
- **Psalm 119:48:** "My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes."

Even if we're persecuted, we must still meditate upon God's precepts.

- **Psalm 119:78:** "Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts."

Even when wicked people seek to destroy us, we must still **meditate** upon God's testimonies.

- **Psalm 119:95:** "The wicked have waited for me to destroy me: but I will consider thy testimonies."

Our love for God's law should drive us to continually **meditate** upon it.

- **Psalm 119:97:** "O how I love thy law! it is my meditation all the day."

The reason the psalmist had more understanding than all of his teachers was because he **meditated** upon the testimonies

of God.

- **Psalm 119:99:** "I have more understanding than all my teachers: for thy testimonies are my meditation."

It's good to **meditate** upon the word of God at night.

- **Psalm 119:148:** "Mine eyes prevent the night watches, that I might meditate in thy word."

We must **meditate** upon the work of God's hands.

- **Psalm 143:5:** "I remember the days of old; I meditate on all thy works; I muse on the work of thy hands."

One day the righteous will **meditate** upon the things that once made them afraid, but which no longer have any power over them.

- **Isaiah 33:17-18:** "Thine eyes shall see the king in his beauty: they shall behold the land that is very far off. Thine heart shall meditate terror. Where is the scribe? where is the receiver? where is he that counted the towers?"

It's true that Jesus commanded His disciples to not **meditate** in advance what they should say. However, that was given in the context of responding to people who were persecuting them. (It had nothing to do with failing to prepare for sermons.)

- **Luke 21:12-14:** "But before all these, they shall lay their hands on you, and persecute you, delivering you up to

the synagogues, and into prisons, being brought before kings and rulers for my name's sake. And it shall turn to you for a testimony. Settle it therefore in your hearts, not to meditate before what ye shall answer:"

We must **meditate** on the love of Christ, and seek to know it.

- **Ephesians 3:18-19:** "May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God."

It's good to **meditate** upon the Scriptures.

- **1 Timothy 4:15:** "Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all."