

Notes for Meditation

1. Disciplines of a Godly Man, Huges, pages 83-87: excellent description of meditation is and the benefits.
 - ✓ Meditation involves personalizing and internalizing a segment of the Word
 - ✓ Meditation is intrinsically verbal. In Hebrew it involved a word “muttering”
 - ✓ The impact of meditation is that it gives
 - Revival
 - Wisdom
 - Increases our faith
 - ✓ See the Song of Moses: Deuteronomy 32:46,47
2. Dictionary definitions
 - ✓ a discourse intended to express its author's reflections or to guide others in contemplation (Merriam-Webster)
 - ✓ continuous and profound contemplation or musing on a subject or series of subjects of a deep or abstruse nature (Worldnet dictionary; Princeton 2003)
 - ✓ In the Old Testament there are two primary Hebrew words for **meditation**: *Haga*, which means to utter, groan, meditate, or ponder; and *Sihach*, which means to muse, rehearse in one's mind, or contemplate. These words can also be translated as dwell, diligently consider, and heed.
3. I Timothy 4:13-15: Till I come, give attention to reading, to exhortation, to doctrine. 14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. 15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all.
4. Nave's Topical [meditation] # 3287
 - ✓ MEDITATION -General scriptures concerning
 - #Jos 1:8 Ps 1:2 4:4 19:14 39:3 49:3 63:5,6 73:12-22 77:10-12 104:34 119:11,15,16,23,48,55,59,78,97-99,148 139:17,18 143:5 1Ti 4:13-15
 - -INSTANCE OF Isaac Ge 24:63
5. Spurgeon quotes
 - ✓ **It is well to meditate upon the things of God, because we thus get the real nutriment out of them.** A man, who hears many sermons, is not necessarily well-instructed in the faith. *We may read so many religious books, that we overload our brains, and they may be unable to work under the weight of the great mass of paper and of printer's ink. The man who reads but one book, and that book his Bible, and then meditates much upon it, will be a better scholar in Christ's school than he who merely reads hundreds of books, and meditates not at all*
 - ✓ Truth is something like the cluster of the vine: if you would have wine from it, you must bruise it; you must press and squeeze it many times. The bruisers' feet must come down joyfully upon the bunches, or else the juice will not flow; and they must leap, and leap, and leap again, and well tread the grapes, or else much of the precious liquid will be wasted. You must, by the feet of **meditation**, tread the clusters of truth, would you get the wine of consolation therefrom. Our bodies are not supported by merely taking food into the mouth, but the process which really supplies the muscle, and the nerve, and the sinew, and the bone, is the process of digestion. It is by digestion that the outward food becomes assimilated with inner life. And so it is with our souls; they are not nourished merely by what we hear by going hither, and thither, and listening awhile to this, and then to that, and then to the other. Hearing, reading, marking, and learning, all require inwardly digesting; and the inward digesting of the truth lies in the meditating upon it

- ✓ Why is it that some people are always in a place of worship, and yet they are not holy, though they make some slight advances in the divine life? It is because they neglect their closets. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink of it.

6. J. I Packer

- ✓ *"Meditation is the activity of calling to mind, and thinking over, and dwelling on and applying to oneself, the various things that one knows about the works and ways and purposes and promises of God."* J. I. Packer, *Knowing God*, P18

7. Rick Warren

- ✓ Rick Warren, in *The Purpose Driven Life* (Zondervan), describes meditation this way: "Meditation is focused thinking. It takes serious effort. You select a verse and reflect on it over and over in your mind...if you know how to worry, you already know how to meditate" (190). Warren goes on to say, "No other habit can do more to transform your life and make you more like Jesus than daily reflection on Scripture...If you look up all the times God speaks about meditation in the Bible, you will be amazed at the benefits He has promised to those who take the time to reflect on His Word throughout the day"

8. Others

- ✓ In *Satisfy Your Soul* (NavPress), Dr. Bruce Demarest writes, "A quieted heart is our best preparation for all this work of God ... Meditation refocuses us from ourselves and from the world so that we reflect on God's Word, His nature, His abilities, and His works ... So we prayerfully ponder, muse, and 'chew' the words of Scripture. ...The goal is simply to permit the Holy Spirit to activate the life-giving Word of God" (133).