

MEDITATING ON GOD



MEDITATION DEFINED:

1. Tuning out the world so your mind can be wholly focused on the word of God.
2. An earnest desire to spend quality time with God.
3. A responsibility we owe to our creator that we seek out and understand His purpose for our lives.

Psalm 1:1-3 KJV

[1] Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. [2] But his delight is in the law of the Lord ; and in his law doth he meditate day and night. [3] 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.

WHAT ARE YOU TRYING TO SAY TO ME?

Do I read scripture just for the sake of logging hours or am I reading the Word of God to learn and understand His ways and to discern what He is trying to tell me so that I can apply it to my life?

Psalm 119:97-104 KJV

[97] O how love I thy law! it is my meditation all the day. [98] Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. [99] I have more understanding than all my teachers: for thy testimonies are my meditation. [100] I understand more than the ancients, because I keep thy precepts. [101] I have refrained my feet from every evil way, that I might keep thy word. [102] I have not departed from thy judgments: for thou hast taught me. [103] How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! [104] Through thy precepts I get understanding: therefore I hate every false way.

David craved a relationship with God, and treasured the moments when he felt God's presence. He sought all of his understanding, wisdom, guidance and strength, through God alone.

HOW CAN I MEDITATE ON GOD?

1. Focus my heart and mind on God and shut out everything else. God deserves my full attention in order to find out what He desires of me.
2. I should do more listening than talking. If I ask Him something, I should give Him time to answer or show me.
3. Treat meditation as the most important activity in my life. As a follower of Jesus, part of my faith is desiring a relationship with God. Focus on this as a priority.
4. Be honest. Trusting in God means being honest with Him about who we are; our thoughts, desires, even our weaknesses. God already knows us, but being open strengthens our relationship with Him.

Matthew 14:22-23 KJV

[22] And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. [23] And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

Mark 1:35 KJV

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

The most important thing we can do is pray because apart from God, we can do nothing. Praying and meditation is how we communicate with God and how He communicates with us.

6 REQUIREMENTS FOR EFFECTIVE MEDITATION

1. **SET ASIDE TIME** - purposely desire a moment with God and seek His insight.
2. **STILLNESS** - a period of focus without distraction.
3. **SILENCE** - earnestly listening without talking.
4. **SELF CONTROL** - dedication regardless of what's happening around us.
5. **SUBMISSION** - being sincerely open to do whatever God asks of us.
6. **SENSITIVITY** - fine tune our thinking to concentrate on God alone.

Philippians 4:8 KJV

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Psalms 62:5 KJV

My soul, wait thou only upon God; for my expectation is from him.

Joshua 1:9 KJV

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

Psalms 19:14 KJV

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.

We might be surprised how many “small” matters God is willing to help us with if we bring those to Him and meditate on his word and purpose. We ought not just go to God with our big problems and ignore Him the rest of the time .

10 THINGS WE CAN EXPECT TO HAPPEN AFTER MEDITATING ON THE WORD

1. It will quiet our spirit.
2. Enlighten our mind to think the way God thinks.
3. Increase our energy.
4. He'll purify our heart; exposing undealt with sin.
5. Enlarges our view of God.
6. Grows our love for God.
7. Increases our sense of authority and power with God.
8. Strengthens our faith.
9. Increase our awareness of the presence of God.
10. Infuses us with joy and peace.

2 Samuel 7:18-20 KJV

[18] Then went king David in, and sat before the Lord, and he said, Who am I, O Lord God ? and what is my house, that thou hast brought me hitherto? [19] And this was yet a small thing in thy sight, O Lord God ; but thou hast spoken also of thy servant's house for a great while to come. And is this the manner of man, O Lord God ? [20] And what can David say more unto thee? for thou, Lord God, knowest thy servant.

Joshua 1:8 KJV

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.

Great accomplishments are done by shutting everything out and focusing on the task at hand. The same thing is true with our focus on God. If we really want to have a relationship with God, we have to desire to spend time with Him. Our sincerity will depend on how much effort we put into devoting our time to God.

MEDITATION IN ACTION - ACTS 27

Paul had purpose by God to appear before Caesar. In spite of those he travelled with, who had other plans, he kept firm and as such, Paul and all those with him were saved. At first, they ignored Paul and decided what to do on their own but once they realized their choice was wrong, they humbled themselves and obeyed the words of Paul who was following the commandment of God regarding this matter.

Acts 27:7-10 KJV

[7] And when we had sailed slowly many days, and scarce were come over against Cnidus, the wind not suffering us, we sailed under Crete, over against Salmone; [8] And, hardly passing it, came unto a place which is called The fair havens; nigh whereunto was the city of Lasea. [9] Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them, [10] And said unto them, Sirs, I perceive that this voyage will be with hurt and much damage, not only of the lading and ship, but also of our lives.

LESSONS LEARNED ON THE VOYAGE OF PAUL

1. Be careful who you listen to.
2. Follow the counsel of those who know how to hear from God.
3. The way of the majority may not be the way of God.
4. Do not make decisions based on the appearance of things.
5. Rank does not guarantee the best decision.
6. Be careful not to be talked out of what you know God has spoken to you in regards to a matter.

Meditation should not be something you only do in time of need. Daily meditation will teach you the ways of God that you use in everyday life to avoid getting into situations that cause you to become desperate. Much of the destruction and loss of the ship could have been avoided if the captain and guards had listened to Paul when he told them not to go on the voyage in the first place.