

Meditating on Christ.

A Key to Spiritual Growth

Hebrews 12:1-3

Isaiah 5:12-13: 'They have lyre and harp, tambourine and flute and wine at their feasts, but they do not regard the deeds of the Lord, or see the work of his hands.¹³ Therefore my people go into exile for lack of knowledge; their honored men go hungry, and their multitude is parched with thirst.'

Isaiah 26:3: "You keep him in perfect peace whose mind is stayed on you, because he trusts in you."

Isaiah 29:13: "And the Lord said: "Because this people draw near with their mouth and honor me with their lips, while their hearts are far from me, and their fear of me is a commandment taught by men."

Hebrews 4:1-3: "Therefore, while the promise of entering his rest still stands, let us fear lest any of you should seem to have failed to reach it. ² For good news came to us just as to them, but the message they heard did not benefit them, because they were not united by faith with those who listened. ³ For we who have believed enter that rest."

Hebrews 12:1-2: "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God."

Hebrews 12:3 "Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."

Faith in Jesus Christ begins with meditating on Him.

If you do not meditate on Christ regularly and deeply - you will weaken spiritually!

I. Why meditation is important?

Hebrews 12:3 "Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."

ἀναλογίζομαι - consider (attentively), think about carefully¹

A. Our thoughts determine who we are

Prov. 23:7 ... For as he thinks within himself, so he is. (NASB)

¹ Friberg lexicon. Bibleworks 10

Romans 8:6-7: "For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot."

Repentance - μετάνοια - a complete change of mind.

Romans 12:1-2: "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

Hebrews 12:3 "Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."

Colossians 3:1-2, 5-6: "If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth...5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming."

The fight against sin is possible to the extent of our meditating on Christ.

B. Our thoughts shape our feelings and desires

"I have often had a sweet calm of soul in contemplating God's glorious excellencies and the excellency of Jesus Christ. God has appeared to me a glorious and lovely being, chiefly on account of His holiness. The holiness of God has always appeared to me the most beautiful of all His attributes... The Gospel has seemed to me the richest treasure, and I have longed for it to dwell richly in me... The joy and delight that I have experienced have been based not on the hope of my own good estate but on a view of the glorious excellency of the Gospel."

C. Our thoughts become the foundation of our actions

Philippians 3:18-19: "For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. 19 Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things."

Christians who think with earthly values will inevitably act in accordance with them.

II. Why is it important to meditate on Christ?

Hebrews 12:3: "Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted."

Joshua 1:8: "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it."

He is not the best student who reads the most books, but he who meditates the most upon them. He shall not learn most of divinity who hears the greatest number of sermons, but he who meditates the most devoutly upon what he does hear.²

Psalm 1:1-3: “Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the Lord, and **on his law he meditates day and night.** 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. **In all that he does, he prospers.**”

Psalm 119:14-16: “In the way of your testimonies I **delight** as much as in all riches. **15 I will meditate on your precepts** and fix my eyes on your ways. 16 I will delight in your statutes; I will not forget your word.”

Psalm 119:99: “**I have more understanding** than all my teachers, for **your testimonies are my meditation.**”

Hebrews 12:3: “Consider him who endured from sinners such hostility against himself, **so that you may not grow weary or fainthearted.**”

A Christian enters meditation as a man enters the bath that he may be healed. Meditation heals the soul of its deadness and earthliness.³

You do not occupy yourselves with any meditation. What do many of you who are merchants know concerning this matter? You rise up in the morning just in time to take your accustomed seat in the omnibus; you hasten to your countinghouse for your letters; and there you continue all day long for business when you are busy or for gossip when business is dull; and at night you go home too tired and jaded for the wholesome recreation of your minds. Week by week, month by month, and year by year, it is still with you one everlasting grind, grind, grind. You have no time for meditation;⁴

III. What do we need to think about Christ?

Hebrews 12:3: “Consider him **who endured from sinners such hostility against himself,** so that you may not grow weary or fainthearted.”

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 **looking to Jesus, the founder and perfecter of our faith,** who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

A. Meditate on the humanity of Christ

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 **looking to Jesus, the founder and perfecter of our faith,** who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

² Charles Spurgeon, *A Very Profitable Exercise*, <https://www.chapellibrary.org/read/medifg>

³ Thomas Watson, “What Meditation is” <https://www.chapellibrary.org/read/medifg>

⁴ Charles Spurgeon, *A Very Profitable Exercise*, <https://www.chapellibrary.org/read/medifg>

- A life of faith in Jesus Christ is possible (Heb. 12:2)
- A life of faith expressed in obedience to God in Jesus Christ (Phil. 2:6-9)
- Jesus perfectly understands us and our difficulties (Heb. 2:17)
- Jesus constantly intercedes for us in our difficulties (Heb. 2:17-18).

B. Meditate on the mission of Christ

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

- Understanding the purpose of life – "I will build My Church" (Matthew 16:18)
- Attitude towards God – "...He was obedient to the point of death, even death on a cross" (Philippians 2:8)
- Attitude towards others – "I came to serve and to give My life as a ransom for many" (Matthew 20:28).

C. Meditate on Christ's sufferings

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

1 Peter 2:21-23: “For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. 22 He committed no sin, neither was deceit found in his mouth. 23 When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly.”

Isaiah 53:10-11: “Yet it was the will of the Lord to crush him; he has put him to grief; when his soul makes an offering for guilt, he shall see his offspring; he shall prolong his days; the will of the Lord shall prosper in his hand. 11 Out of the anguish of his soul he shall see and be satisfied.”

Colossians 1:24: “Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of his body, that is, the church,”

Romans 8:17-18: “and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him. 18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.”

D. Meditate on Christ's victory

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”

Colossians 2:13-15: “13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, 14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. 15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.”

Philippians 1:6: “And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

Ephesians 2:5-6: “even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus,”

Romans 8:31-34: “What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.”

E. Meditate on Christ's glory

Hebrews 12:1-2: “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and **is seated at the right hand of the throne of God.**”

- Meditate on the excellency of Christ
- Meditate on the beauty of Christ.
- Meditate on the power of Christ
- Meditate on the work of Christ.
- Meditate on His humility.
- Meditate on His love.
- Meditate on His sacrifice.
- Meditate on His suffering.
- Meditate on His obedience to the Father.
- Meditate on His trust in the Father.
- Meditate on His victory.
- Meditate on His joy.
- Meditate on His peace.
- Meditate on His hope.

Hebrews 12:3: “Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.”

How often do you meditate on Christ?