

The Reality of Biblical Meditation

“...on his law he meditates day and night.”
(3-26-22)

“It is not hasty reading--but serious meditating upon holy and heavenly truths, that make them prove sweet and profitable to the soul. It is not the bee’s touching of the flower, which gathers honey--but her abiding for a time upon the flower, which draws out the sweet. It is not he who reads most--but he who meditates most, who will prove the choicest, sweetest, wisest and strongest Christian.” Thomas Brooks

“Without meditation the truth of God will not stay with us; the heart is hard, and the memory slippery, and without meditation all is lost; meditation imprints and fastens a truth in the mind... As a hammer drives a nail to the head, so meditation drives a truth to the heart. Without meditation the word preached may increase notion, not affection.” Thomas Watson

“As it is impossible for a man to be nourished by meat if he [lacks] digestion and concoction, so it is impossible for a man to be nourished in grace, if he neglects the duty of divine meditation; for divine meditation is the spiritual concoction [mixing] and digestion of all holy things, and all holy duties.” Edmund Calamy

“Without meditation, truths are devoured, not digested.” John Ball

“A sermon remembered, but not ruminated, will only serve to increase our condemnation.”
Thomas Watson

“Hearing God’s Word is like one dip of the tea bag into the cup. Some of the tea’s flavor is absorbed by the water, but not as much as would occur with a more thorough soaking of the bag... [Meditation] is like immersing the bag completely and letting it seep until all the rich tea flavor has been extracted.” Donald Whitney

[Meditation is] “a necessary duty, without which all grace would languish and wither. Faith is lean and ready to starve unless it be fed with continual meditation on the promises.” Thomas Manton

“One hour spent thus [meditating], is worth more than a thousand sermons, and this is no debasing of the word, but an honor unto it.” James Ussher

“Little meditating makes lean Christians, of little life, little strength, little growth, and of little usefulness to others.” Nathanael Ranew

[Meditation is] “dwelling upon the mercies we receive, the chewing upon the promises.”
Edmund Calamy

“The end why God has given us His Word written and preached is not only to know it, but that we should meditate on it. The Scripture is a love letter... We must not run over it in haste, but meditate upon [it]... The necessity of meditation appears because without it we can never be

godly Christians. A Christian without is like a soldier without weapons or a workman without tools...Without meditation the truths we know will never affect our hearts...Without meditation we are guilty of slighting God and His Word.” Thomas Watson

Review: A Plan for Reading the Word (Ps 19:7-11; 119:105; Rom 15:4; 2 Tim 3:16-17)

1. Devotional Reading: A chapter a day from Proverbs for a month and repeat
2. Canonical Reading: Genesis through Revelation
3. Chronological Reading: Following the pattern of progressive revelation
4. Systematic Reading: <https://evangelism.org/professor-grant-horners-bible-reading-system/>
5. Focused Reading: Saturated and repeated reading in one book or even one chapter for months
6. Harmony Reading: Following a harmony of the gospels see “One Perfect Life”
7. Thematic Reading: See the topical index in the MacArthur Study Bible

Biblical Requirement and Reality of Meditation: (Jer 6:16)

(1.)

- A. Is meditation biblical and if so, where do we find it in Scripture and why is “biblical meditation” rarely spoken of in the church today? Contemplate over these passages as you wrestle with the previous question.
- B. In Deut 6:6 Moses commanded Israel that the law must not only be in their head but also in/on what?
- C. How does it get there?
- D. Joshua would find success before the Lord, in part, by doing what (Josh 1:8)?
- E. The godly man did not go the way of the wicked, in large part, because he did what (Ps 1:2)?
- F. What does David exhort his enemies to do (Ps 4:4)?
- G. David prayed that what two realities would be acceptable to God (Ps 19:14 cf. 49:3 & 104:34)?
- H. The sons of Korah said they did what over the steadfast love of God (Ps 48:9)?
- I. David said his lips would sing praise even at night during times of difficulty if he did what (Ps 63:6)?
- J. What changes Asaph’s depression to delight (Ps 77:6-12)?

(2.)

- A. Part of a young man keeping his way pure is doing what with the precepts of the Lord (Ps 119:15)?
- B. The Psalmist kept his head amidst persecution through doing what (Ps 119:23)?

- C. The Psalmist found strength through suffering by doing what with the Scriptures (Ps 119:27)?
- D. Delighting in and loving God's Word for the Psalmist involved what (Ps 119:48)?
- E. Instead of focusing on insult the Psalmist will do what (Ps 119:78)?
- F. The Psalmist loves the law of the Lord and that is manifested by doing what (Ps 119:97)?
- G. The Psalmist is wiser than the aged because he does what (Ps 119:99)?
- H. The Psalmist rises before the dawn to do what (Ps 119:148)?
- I. Young men lack self-control in large part because they have not learned the discipline of meditation! A wise father instructs his son to do what about where he goes and what he does (Prov 4:26)?
- J. The righteous do what before they answer (Prov 15:28)?

(3.)

- A. Is this reality of meditation seen in the New Testament as well?
- B. What does Paul mean when he says "think about these things" (Phil 4:8)? See if you can rightfully define the Greek term **λογίζομαι** translated here as "think about"?
- C. Also see how another form of this word is used in Hebrews 12:3. What is the writer of Hebrews asking the readers to do?
- D. Now read Col 3:2 and explain what Paul means when he commands believers to "set your minds on things above"? See if you can rightly define the Greek term **φρονέω** translated here as "set your minds on"?
- E. Does it make any difference in this context that the form of this Greek imperative is present active and if so explain?
- F. What kind of thought does Hebrews 10:24 call for? What does the word translated in Heb 10:24 as "consider" mean?
- G. Read 1 Tim 4:15 and explain what Paul is commanding Timothy to do regarding the reading, exhortation, and teaching of Scripture?
- H. What does Paul mean by his command in Col 3:16 to let the word of Christ "dwell richly" and does that have any connection to meditation?
- I. Read Rom 12:1-2 and explain how, in part, one has his mind renewed?
- J. Read James 1:22-25 and explain what is the difference between the forgetful man and the blessed man?
- K. Any connection here to the man in Psalm 1:2 and the promise in Psalm 1:3?
- L. Why does the one man in James 1:22-25 walk away and forget all that he saw and heard from the Word?
- M. How often do you think this happens today in the modern church after listening to sermons?
- N. What is one personal response that should always follow the Word read, the Word studied, and the Word preached?

(4.)

- A. What does it mean to meditate biblically?
- B. What part does personal application, or the personal practice of truth play in the pursuit of meditation?
- C. What are some unbiblical forms of meditation practiced by many today?
 - 1. Roman Catholic Spirituality
 - 2. Mysticism
 - 3. Contemplative Prayer
 - 4. Transcendental Meditation
 - 5. Meditating on Lesser Things
 - 6. Meditating on Wickedness
- D. What are some common denominators between these unbiblical forms of meditation as contrasted to what the Scriptures call believers to do in meditating?

Next Lesson: The Practice of Biblical Meditation