

Why Meditate On The Scriptures In The Christian Bible?

When you mention the word “*meditation*” the average person will visualise a strange man sitting cross-legged looking up to the sky.

The act of meditation is often an object of ridicule.

Our Creator God in His Word, the Christian Bible, often indicates that meditation on the scriptures is very valuable, in fact essential to our spiritual growth.

In the article on the ‘*The Working of God’s Holy Spirit*’ listed under main heading ‘*Holy Spirit*,’ three essential facts are revealed as to how the Holy Spirit brings us to spiritual maturity.

All are linked to our relationship with the Word of God, the Christian Bible.

a) The Holy Spirit reveals to us the truth, God’s Word.

John 17:17 [NIV] “*Sanctify them by the truth; your word is truth.*”

b) The Holy Spirit uses our cleansed conscience in conjunction with God’s Word as an “*early warning system*” to help us avoid sinning.

c) The Holy Spirit brings to remembrance God’s Word as a defence against the deception of Satan and his society, this world and its false values.

Ephesians 6:10-17 [NIV] “*Finally, be strong in the Lord and in his mighty power. Put on the full armour of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*”

Faith and God’s Word are the perfect defence against Satan and his deceptions.

Hebrews 4:12 [NIV] “*For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*”

The Holy Spirit uses God’s Word to reveal our real selves, what motivates what we say and do.

All the above are dependent on a thorough digesting of the Word of God, the Christian Bible.

John 6:51-56 [NIV] “*I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever. This bread is my flesh, which I will give for the life of the world.*” Then the Jews began to argue sharply among themselves, “*How can this man give us his flesh to eat?*” Jesus said to them, “*I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in him.*”

What is Jesus Christ telling us to do in this strange, to human ears, passage of scripture?

John 1:1-2, 14 [NIV] *“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.” ... “The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.”*

The Word of God is Jesus Christ who became flesh and blood.

To eat the flesh of Jesus Christ is to digest His Words, the Words of the Creator God.

Mark 14:22-24 [NIV] *“While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, “Take it; this is my body.” Then he took the cup, gave thanks and offered it to them, and they all drank from it. “This is my blood of the covenant, which is poured out for many,” he said to them.”*

All the disciples drank from the cup of wine that was symbolic of the New Covenant that God has made for all humanity through the shedding of the blood of His only non-created Son.

Matthew 26:28 [NIV] *“This is my blood of the covenant, which is poured out for many for the forgiveness of sins.”*

Only through this digesting of the body of Jesus Christ, God’s Word, the Christian Bible, and accepting the sacrifice of Jesus Christ, can we receive forgiveness of sins.

Both are essential parts of the one New Covenant.

If one is missing in our lives, then as far as we are concerned the New Covenant does **not** apply to us, our sins are **not** forgiven.

Isaiah 59:1-2 [NIV] *“Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.”*

These un-confessed and unforgiven sins have cut us off from the love of our Creator God.

This is how important our digesting of the Word of God, the Christian Bible, is to our salvation.

There are three levels of digesting the Word of God, the Christian Bible.

- a) **To read the Word of God** – This is of limited value, but better than nothing.
- b) **To study the Word of God** – We pick a subject and use physical Bible helps to put all the scriptures together, write them down in a notebook.

Concordances, Crudens, Strongs or Youngs will help us do this.

A Topical Bible or one with marginal references will help, such as Thompson Chain Reference Bible.

- c) **Meditate on what we have studied** and written in our notebook, add to this the thoughts that the Holy Spirit will bring into our minds, if we ask Him in advance of our study.

Only by applying all three of the above will we really profit, spiritually from God’s Word, the Christian Bible.

God has given us a physical example of our approach to His Word, the Christian Bible.

The cow.

The cow takes in large amounts of grass, but to get the maximum amount of nutriment from the grass it ruminates, “*chews the cud*”, it brings up the part-digested grass from one stomach, chews it again and returns it to a second stomach.

The brown cow sits down when it does this, and turns green grass into cream milk that is of great value, a miracle!!

If we imbibe God’s Word, then stop and meditate on what we have studied, allowing the Holy Spirit to guide our thoughts, we will turn these thoughts into the spiritual fruits essential to our eternal life [see **Galatians 5:22-23**].

We allow a spiritual miracle to take place.

Using chopped up trees flattened to make paper, printed with words composed of black pigment and oil, mixed with God’s Holy Spirit to produce in us God-like character that is beyond price.

The quality of our meditation is important

Psalms 19:7-8 [NIV] “*The law of the LORD is perfect, reviving the soul. The statutes of the LORD are trustworthy, making wise the simple. The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.*”

We have to ask ourselves is this our belief and approach to God’s Word, the Christian Bible?

Psalms 19:9 [NIV] “*The fear of the Lord is pure and enduring for ever ...*”

Do we accept the Sovereignty of the Creator God?

Isaiah 55:8-9 [NIV] “*For my thoughts are not your thoughts, neither are your ways my ways,*” declares the LORD. “*As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.*”

Do we constantly accept this fact?

Psalms 51:16-17 [NIV] “*You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.*”

A humble contrite attitude of mind is essential to our approach to God’s Word.

Isaiah 57:14-15 [NIV] “*And it will be said: “Build up, build up, prepare the road! Remove the obstacles out of the way of my people.” For this is what the high and lofty One says, he who lives for ever, whose name is holy: “I live in a high and holy place, but also with him who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.”*”

God relates **only** to the humble and repentant person.

Isaiah 66:1-2 [NIV] “*This is what the LORD says: “Heaven is my throne, and the earth is my footstool. Where is the house you will build for me? Where will my resting place be? Has not my hand made all these things, and so they came into being?” declares the LORD. “This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word.”*”

Do we tremble when faced with what God’s Word reveals about us?

Philippians 4:8 [NIV] “*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.*”

All of these things are found in God's Word, the Christian Bible.

But note the next verse!

Philippians 4:9 [NIV] *“Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you.”*

What we have just read and perhaps studied about meditation will be of **no** value at all unless we put it into practice.

Psalms 1:1-2 [NIV] *“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. **But his delight is in the law of the LORD, and on his law he meditates day and night.**”*

If you awake in the middle of the night, do your thoughts turn to God's Word, the promises that God has made for all humanity?

Such meditation will give you a relaxed mind and that will aid you returning to peaceful sleep.

King David understood the value of meditation.

Psalms 73:2-3 [NIV] *“But as for me, my feet had almost slipped; I had nearly lost my foothold. For I envied the arrogant when I saw the prosperity of the wicked.”*

David had a problem, why did God allow wicked people to prosper?

Psalms 73:13-14 [NIV] *“Surely in vain have I kept my heart pure; in vain have I washed my hands in innocence. All day long I have been plagued; I have been punished every morning.”*

David's life had been a long list of problems.

Psalms 73:16-19 [NIV] *“When I tried to understand all this, it was oppressive to me **till I entered the sanctuary of God; then I understood their final destiny.** Surely you place them on slippery ground; you cast them down to ruin. How suddenly are they destroyed, completely swept away by terrors!”*

Only when David meditated on the destiny of the wicked did he understand his problem.

An easy physical life does **not** make us dependent on God's mercy, and seek to please Him, thus building an intimate relationship with Him.

Psalms 73:27-28 [NIV] *“Those who are far from you will perish; you destroy all who are unfaithful to you. **But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds.**”*

The problem is totally resolved through the act of meditation.

Meditation is a defence against sinning

Psalms 119:9-11 [NIV] *“ [Beth] How can a young man keep his way pure? By living according to your word. I seek you with all my heart; do not let me stray from your commands. **I have hidden your word in my heart that I might not sin against you.**”*

We allow God's Word, the Christian Bible, to judge what we say and do.

Psalms 119:105 [NIV] *“ [Num] **Your word is a lamp to my feet and a light for my path.**”*

God's Word becomes a guide as to where we should or should not go in life.

Psalms 119:133 [NIV] *“Direct my footsteps according to your word; let no sin rule over me.”*

Helps us to avoid becoming a slave to sin.

Psalms 119:136 [NIV] *“Streams of tears flow from my eyes, for your law is not obeyed.”*

We cry out to God to have mercy on those who do **not** know Him as their Saviour.

Luke 23:33-34 [NIV] *“When they came to the place called the Skull, there they crucified him, along with the criminals, one on his right, the other on his left. Jesus said, **“Father, forgive them, for they do not know what they are doing.”** And they divided up his clothes by casting lots.”*

This was the attitude of Jesus Christ, and we can only have this loving attitude by meditating on the Biblical record of His life.

Ezekiel 9:4-6 [NIV] *“and said to him, **“Go throughout the city of Jerusalem and put a mark on the foreheads of those who grieve and lament over all the detestable things that are done in it.”** As I listened, he said to the others, **“Follow him through the city and kill, without showing pity or compassion. Slaughter old men, young men and maidens, women and children, but do not touch anyone who has the mark. Begin at my sanctuary.”** So they began with the elders who were in front of the temple.”*

This attitude of compassion for those who are deceived by Satan and do **not** know the true God of the Christian Bible, will be our protection from the righteous wrath of our Creator God.

Note that some who were religious, practicing worshippers of God did **not** have this mark of compassion, because they had failed to imbibe and apply the Word of God.

Meditation is a source of wisdom

Psalms 119:97-99 [NIV] *“Oh, how I love your law! I meditate on it all day long. Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes.”*

True wisdom goes beyond mere knowledge, it is the end product of allowing God’s Word, the Christian Bible, to teach and guide our life.

2 Timothy 3:15-17 [NIV] *“and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”*

To expose our children when young to God’s Word will give them a sure foundation on which to build their lives.

Luke 10:21 [NIV] *“At that time Jesus, full of joy through the Holy Spirit, said, **“I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.”***

Even if we are as yet immature Christians we have access to the wisdom of God.

1 Corinthians 2:6-8, 12-15 [NIV] *“We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. No, we speak of God’s secret wisdom, a wisdom that has been hidden and that God destined for our glory before time began. None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory.” ... “We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. **This is what we speak, not in words taught us by***

human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment:"

It is through the Holy Spirit, as He opens up our understanding of God's Word, the Christian Bible, that we receive spiritual wisdom from God that far exceeds that of human wisdom.

Meditation on God's Word is an active tool we can use in our lives to guide all our decisions and words, that we may mature as Christians, that is Christ-like people.

Genesis 1:26 [NIV] *"Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."*

Meditation on the Word of God, the Christian Bible, will assist us to fulfil the second purpose of our existence as human beings, to be made into the very "*likeness*", character of God.

This is how important meditation on the Word of God, the Christian Bible, is.