

Constructive Meditation

Constructive meditation can and should play a vital role in our Christian lives. This article will show how we can begin meditating effectively.

For most of us in the modern world thinking hard work, it is so much easier to turn on the T.V. than it is to “turn on” our minds.

Ours is an age of paid entertainers and hired specialists, we can very easily get accustomed to letting others do our thinking for us.

The educational processes have had a part in this mind-numbing movement.

Too often students, instead of analysing the subject matter to see if it is accurate, just simply repeat on the exam sheet what has been “spoon-fed” direct from textbooks.

Even the jobs we perform are becoming increasingly specialised and automated, leaving the workers with little need or incentive to think.

1 Samual 16:7 [NIV] *“But the LORD said to Samuel, ‘Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.’”*

Humans all too often only look at the outward appearance. This too often means we accept an answer, solution or supposed fact on “face value.”

An example of this was that people assumed the new and mighty Titanic was unsinkable, though in reality its water-tight integrity had been sacrificed for the comforts of the passengers.

Probably nobody thought much about the internal strength and stability until a massive iceberg ripped a 300 foot gash in the hull of this majestic ship.

This “no think” environment can invade our spiritual lives as well as this secular world in which we live.

As its consequence, we find we do **not** spend the time we should in active thought and meditation about God and His Word, the Christian Bible, and how it relates to our personal lives.

Meditation leads to success in life

Joshua 1:8 [NIV] *“Do not let this Book of the Law depart from your mouth; **meditate on it day and night**, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”*

This principle of meditation on God’s Word, the Christian Bible, applies to the New Covenant as much as it did in the time of Joshua.

Israel was about to enter a new life in the Promised Land, as we after repentance and baptism, enter into a new life.

Romans 6:1-4 [NIV] *“What shall we say, then? Shall we go on sinning, so that grace may increase? By no means! We died to sin; how can we live in it any longer? Or don’t you know that all of us who were baptised into Christ Jesus were baptised into his death? We were therefore buried with him*

through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”

For this new life to be successful we also need to meditate on the life and words of our Saviour Jesus Christ, and the lives and words of all the apostles that Jesus Christ taught.

2 Corinthians 13:5 [NIV] *“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realise that Christ Jesus is in you, unless, of course, you fail the test?”*

We need to examine our new life to ensure that Jesus Christ is living His life again here on earth, through the work and witness of the Holy Spirit in us.

Meditation on the life and work of Jesus Christ is essential for this to happen.

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

For God’s Word to illuminate our new lives we need to be actively thinking and meditating on it.

How do we meditate on God’s Word?

Let us look at one example, and meditate on it.

Exodus 20:14 [NIV] *“You shall not commit adultery.”*

This was a command of God that Israel was to meditate on under the Old Covenant.

Matthew 5:27-28 [NIV] *“You have heard that it was said, ‘Do not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”*

Jesus Christ included this same law within the New Covenant, with the addition of a spiritual attitude of mind clause.

Let us meditate on this.

For the most part humans do **not** obey this law too well.

Suppose every human being **did** obey this law, that sex was confined to the marriage relationship between a man and woman, what then?

All forms of venereal disease would be wiped out.

No more unwed mothers with syphilis giving birth to blind babies.

Babies born with serious mental defects would drop in number.

The phenomenon of fatherless children, with the potential of becoming juvenile delinquents, would virtually disappear.

People involved in adulterous relationships may feel guilty the first time, but as they continue to indulge, they will probably sear their consciences to the point where *“anything goes,”* even with partners of the same sex. [Read **Romans 1:21-27**]

When adultery enters a marriage relationship, the non-involved mate feels cheated, defrauded and lied to by the one who was supposed to be faithful all their lives.

The children will certainly sense that their mother and father are **not** *“getting along”* resulting in a feeling of insecurity and permanent scars will form in their personalities and character.

What about the plight of the expectant unwed mother?

She may undergo the tragedy of abortion, or a newly born child may be abandoned.

Even if this child is farmed out to an orphanage or adoption agency, what chance does this child have of a normal existence when devoid of the comfort and security of a loving family environment?

Now meditate on what humanity and those in leadership are doing about this present adulterous situation.

Mainly it is merely treating the effects **not** the source of the problem, with penicillin, the pill, condoms and misguided sex education.

To even suggest that adultery or fornication is harmful to all parties concerned, and violates a living law, given by an all-wise, loving God for humanity's benefit, wellbeing and happiness, is looked on as "old fashioned" in today's "enlightened" modern society.

We need to use this principle of meditation on all of God's Word, the Christian Bible, we will then see more clearly how our salvation and that of the whole of society is dependent on the application of these God-given laws and principles.

Reconditioning our minds

Meditation will ensure that our minds are kept active by being fed with a proper mental and spiritual diet and avoid becoming inefficient and run down.

What hinders our ability to meditate?

Our environment, surroundings and lifestyle can be a great hindrance to any constructive meditation.

If our lives are one big round of activities, social events, entertainment, being snowed under by work assignments and engrossment, meditation will become very difficult if not impossible.

Take time to download our article 'Seven Secrets Of Stress-Free Living' found on our website under sub-heading 'Stress', this will help you adjust your future lifestyle.

Psalms 143:5 [NIV] *"I remember the days of long ago; I meditate on all your works and consider what your hands have done."*

King David is giving us good advice in this psalm, as subjects for our meditation.

a) Meditate on lessons from the past history of Israel and what we should avoid in our lives

1 Corinthians 10:1-6 [NIV] *"For I do not want you to be ignorant of the fact, brothers, that our forefathers were all under the cloud and that they all passed through the sea. They were all baptised into Moses in the cloud and in the sea. They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. Nevertheless, God was not pleased with most of them; their bodies were scattered over the desert. Now these things occurred as examples to keep us from setting our hearts on evil things as they did."*

These lessons will **not** just "pop out of the page" as we read unless we meditate on what we are reading.

When we are reading such examples slow down and ask yourself a few questions.

Read “*between the lines*” and analyse the character and motivation of the people involved.

Then seek to relate the events to our own lives, our personal character and motivation.

The example of Saul.

1 Samuel 15:17 [NIV] *“Samuel said, “Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel.”*

This is one of the reasons God chose Saul, a humble attitude.

1 Samuel 13:8-10 [NIV] *“He waited for seven days, the time set by Samuel; but Samuel did not come to Gilgal, and Saul’s men began to scatter. So he said, “Bring me the burnt offering and the fellowship offerings.” And Saul offered up the burnt offering. Just as he finished making the offering, Samuel arrived, and Saul went out to greet him.”*

Saul went totally outside his authority when he gave this command.

The throne and its authority had “gone to his head.”

1 Samuel 13:11-12 [NIV] *“What have you done?” asked Samuel. Saul replied, “When I saw that the men were scattering, and that you did not come at the set time, and that the Philistines were assembling at Michmash, I thought, ‘Now the Philistines will come down against **me** at Gilgal, and **I** have not sought the LORD’s favour.’ So **I** felt compelled to offer the burnt offering.”*

Notice the number of “I’s” and “me’s” in the reply to Samuel’s rebuke of Saul who had taken over a job that only Samuel was authorised to do as God’s servant.

Saul was over-concerned about his own prestige and importance in the eyes of the people.

This is not the kind of character that God wants in a leader.

Nor is such a leader who is so self-centred good for any group of people or nation.

b) Meditate on God’s creation

Romans 1:20 [NIV] *“For since the creation of the world God’s invisible qualities, his eternal power and divine nature, have been clearly seen, being understood from what has been made, so that men are without excuse.”*

When we accept God as the Creator of all things rejecting the lie of evolution [please download our articles on ‘Evolution’ if you have difficulty in doing this] our relationship with God is set on a right footing.

Isaiah 64:8 [NIV] *“Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.”*

The potter and clay is a very good example of our humble relationship with God.

Psalms 139:1-4, 13-16 [NIV] *“O LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you know it completely, O LORD.” ... “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.”*

Our own bodies and minds are a wonderful creation to meditate on.

The rest of God's physical creation that is there for our benefit and use is also something to meditate on.

Meditate on our life and work

When we return home after work do we just flop down in front of the T.V. or do we take time during the evening to reflect on the main events that transpired and what we can do to improve our performance?

If we offended someone or a relationship did not go exactly right, don't just "*chalk it up*" as a bad day but analyse what happened and why.

This is the only way we can learn from our mistakes and circumstances that surround our lives.

Seek to be in the company of wise and successful people and meditate on why they are successful.

Meditation helps our prayers

Psalms 63:5-7 [NIV] *"My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings."*

King David found that his prayers to God were filled with joy because of his meditation.

If you find sleep difficult, instead of "*counting sheep*" or anything else, meditate on God and His Word and His great love for us individually.

Job 32:8 [NIV] *"But it is the spirit in a man, the breath of the Almighty, that gives him understanding."*

No other being in God's creation has the mind that can think and meditate.

God gave us this capacity to meditate as a vital part of our process of salvation and the receiving of the gift of eternal life.

1 Timothy 4:14-16 [NIV] *"Do not neglect your gift, which was given you through a prophetic message when the body of elders laid their hands on you. Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers."*

Meditation is **not** only for God's ministers, we can all profit, or progress, as a result of meditation.

Start to make meditation a vital part of your spiritual life.