

Ephesians 4:17-32

Putting Off... & Putting On

Walk in Holiness

“Being Renewed
in the Spirit of
Your Mind”

Ephesians 4:20-24

“Being Renewed in the Spirit of Your Mind” – Ephesians 4:20-24

Outline:

1. The definition of biblical meditation
2. The practice of biblical meditation
3. The importance of biblical meditation.

1. The Definition of Biblical Meditation

At its simplest level meditation is a serious or earnest thinking upon any matter.

- Can be good, evil, or morally neutral.

Thomas Watson, *“The farmer meditates on his acres of land...the physician meditates upon his remedies...the lawyer meditates upon common law...the tradesman is, for the most part, meditating upon his wares.”*

1. The Definition of Biblical Meditation

What Biblical Meditation Is NOT

- **Not Transcendental Meditation, Yoga, or various practices of Far Eastern religions.**
- **Not Roman Catholic Spirituality and Mysticism**

1. The Definition of Biblical Meditation

What Biblical Meditation IS

Two Key Old Testament Terms:

hagah: “muse, meditate, devise, plot, imagine”

- Psalm 1:2
- Joshua 1:8

siyach: “carefully pondering”

- Psalm 119:97
- Genesis 24:63

1. The Definition of Biblical Meditation

What Biblical Meditation IS

- ❖ Summary: In the OT, meditation is a spiritual activity of both the heart and mind that rehearses and dwells upon God's Word as a prize or a treasure.

1. The Definition of Biblical Meditation

What Biblical Meditation IS

Key New Testament Terms:

“Dwelling or Thinking”

- Philippians 4:8

“Considering”

- Hebrews 12:3
- Hebrews 11:19

“Pondering”

- Luke 2:19

1. The Definition of Biblical Meditation

What Biblical Meditation IS

Key New Testament Terms:

“Setting one’s mind or affections”

- Colossians 3:2

“Remembering”

- 2 Timothy 2:8

1. The Definition of Biblical Meditation

What Biblical Meditation IS

Thomas Watson “*Meditation is the holy exercise of the mind whereby we bring the truths of God to remembrance and seriously ponder upon them and apply them to ourselves.*”

- ❖ Summary definition of meditation from OT and NT:
 - Filling of your mind with Scriptural and heavenly thoughts
 - Raising of your heart toward godly affections
 - Resolution of the will to personal obedience

2. The Practice of Biblical Meditation

Deliberate Meditation:

When? A time when you're alert

Where? Someplace quiet

How long? Long enough to be profitable

Bates, "As it is in kindling of fire in wet wood...when you blow at first there is a little smoke that arises, by holding on you raise sparks, but he that goes forward at last brings it to a flame. So it is with the duty of meditation."

2. The Practice of Biblical Meditation

Deliberate Meditation:

What Subject?

Be simple – Narrow is better than broad

Be balanced – Vary topics

Be practical – Choose topics that address your specific heart and situation

2. The Practice of Biblical Meditation

Deliberate Meditation:

Practical How-To?

Begin by praying for the Holy Spirit's assistance and for zeal.

Ranew, "in all soul work, particularly that of meditation, the throng of difficulties is great, the oppositions are many; therefore the purposes and resolutions of the heart must be strong and high."

Interrogate the text

Ask questions of the text. Turn it over in your mind. It's opposites. It's causes; it's effects. What's it like? Consider what other portions of Scripture reinforce the truth.

2. The Practice of Biblical Meditation

Deliberate Meditation:

Practical How-To?

Make personal application

- Ask yourself what have I done?
- What will I do?

Seal it up with prayer.

Watson, *“Prayer fastens meditation upon the soul. Prayer is tying a knot at the end of meditation so that it does not slip.”*

3. The Importance of Biblical Meditation

Why pursue this discipline of biblical meditation?

- ❖ Increases your knowledge and retention of God's Word
- ❖ Deepens Repentance
- ❖ Strengthens your resolve to fight sin
- ❖ Inflames your affections for the Lord
- ❖ Creates a life of joy, thankfulness, and contentment