

**CPC Women's Convocation**  
**January 6, 2019**

**The Practice of Being in the Word: Meditation**

Concise Oxford Dictionary definition of meditate: "exercise the mind in (esp. religious) contemplation (*on, upon*, subject)."

Psalm 1:1,2: "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; but his delight is in the law of the LORD, and on his law he meditates day and night."

Psalm 77:12: "I will ponder all your work, and meditate on your mighty deeds."

Psalm 119:48: "I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes."

Genesis 24:63a: "And Isaac went out to meditate in the field toward evening."

Joshua 1:8a: "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."

**What is the purpose of biblical meditation?**

- To increase our heart knowledge: to deepen our relationship with God and our understanding of Who He is. Biblical meditation is *relational*.
- Bridges, p.35: Meditation "opens our understanding, engages our affections, and addresses our wills."
- We "inwardly digest" the Scriptures when we meditate on them.

**What is biblical meditation?**

Bridges, p.35: "The word *meditate* as used in the Old Testament literally means to murmur or to mutter and, by implication, to talk to oneself. When we meditate on the Scriptures, we talk to ourselves about them, turning over in our minds the meanings, the implications, and the applications to our own lives."

Ligonier Ministries: "The church fathers spoke of 'descending with the mind into the heart.' Meditation engages the mind by focusing it on God's Word. In the midst of a thousand concerns and thoughts, it directs our minds to stillness on God's Word in his presence. Like a centripetal force, meditating on Scripture slowly pulls us inward toward the center of communion with God."

Tim Keller, "Prayer: Experiencing Awe and Intimacy with God": "to meditate is to ask yourself questions about the truth" and "seeks to use the mind intensely."

*We are asking the Holy Spirit to illuminate God's Word for us and to apply it to our hearts, our minds, and our wills. He uses the Word to speak to us and to shape us.*

### **How do we meditate on the Scriptures?**

1. Pray Psalm 37:7a: "Be still before the LORD and wait patiently for him."
2. Ask God to speak to you through His Word. Ask the Holy Spirit to shed His light into your heart through the Word. Ask God to help you both understand and receive His Word, and to draw you close to Himself.
3. Read the verse(s) or passage several times so that the text starts to become familiar. (As needed, read the verse(s) in context with the verses before and after it.)
4. Observe the subject, the object, the verbs, etc. What does the text actually say? What does it not say?
5. Keep praying!
6. Dwell on a word, phrase, or theme that jumps out at you.
  - a. What has connected to my heart or mind? (e.g. a characteristic of God to be grasped, a command to be obeyed, a comfort to be savored)
  - b. What does the Triune God reveal of Himself?
  - c. Is there a truth for me to believe in and to trust in?
  - d. Is there a warning to heed, or a promise to claim?
  - e. Is there an example for me to follow, or an error to avoid?
  - f. Are there sins I need to repent of?
7. Ask God to show you how to apply what you have gleaned from the text. How does He want to transform my heart, my thinking, my habits, and/or my relationships? Speak to Him about these things.
8. What can I adore God for *because of what He has shown me*? Praise God for revealing Himself to you through His Word. Praise Him for the truth(s) that He has shown you and can apply to your life by the power of the Holy Spirit.

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Meditation verse: **John 10:14**

**"I am the good shepherd. I know my own, and my own know me."**