

The welcome verse for this week is Psalm 19:14: “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.”



Practicing Biblical Meditation

Joshua 1:8; Psalm 1:1-3; Philippians 4:8-9

The Bottom Line: Biblical meditation is not being emptied-but being filled.

Introduction:

Many Christians around the world wonder why they are not experiencing fullness of life, joy, and peace.

Last week, we discussed the significance of Christian Spiritual Formation and why every believer must commit themselves to true life in the Spirit. We do this by cultivating intentional habits that make space for God to do His work within us.

Today, we discuss the importance of biblical meditation in the life of the believer.

Tension:

When we mention the word “meditation” in the church, people get nervous.

Due to our misconceptions, lack of experience, and confusion concerning meditation, we decide to throw it out altogether. This is deeply ironic as meditation is a practice described all throughout the scriptures.

Truth:

Thomas Merton once said, “True contemplation is not a psychological trick but a theological grace.”

In biblical meditation, the presence of the Lord moves from belief to reality as we center our heart, soul, mind, and body in His closeness to us.

Biblical meditation is not being emptied, but being filled.

Biblical meditation is not detachment, but attachment.

This practice requires an awareness to the reality of the Holy Spirit in our life (Galatians 5:25).

The characters of scripture meditated on three different things:

1. God's way
2. God's works
3. God's word

Meditating on God's way involves His character and attributes (Philippians 4:8).

Meditating on God's works involves His love, devotion, and faithfulness to me (Psalm 143:5).

Meditating on God's word involves His personal word to me in the scriptures (Joshua 1:8).

- Note: Meditation is different than observation, study, or memorization.

Application & Conclusion:

When asked why he meditates, Dietrich Bonhoeffer simply replied, "because I am a Christian." Meditation doesn't have to be a dirty word anymore. It can be a glorious reality of my life in and with God. It reminds me of my friendship and union with the Divine, which is both holy and beautiful.

Your Practice This Week – Spend 30 minutes each day in silent, unhurried meditation. Focus on a certain characteristic of God, work of God in your life, or short passage of scripture each day.

Next Steps:

- Commit to the weekly practice given by Pastor Matt.
- Read *The Great Omission* by Dallas Willard.
- Pray for the direction and invitations of the Holy Spirit to become evident.

Discussion questions for group this week:

1. What does this teach me about God?

2. What does this teach me about me?

3. How do I apply this to my life?

4. If I could ask a question about this it would be....