

## BIBLICAL "MEDITATION" : FOUR ESSENTIALS

Written by Calvin Fox

Sunday, 03 July 2016 12:16 - Last Updated Sunday, 03 July 2016 12:18

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### 1. INNER QUIETNESS -required before beginning

*Lamentations 3:24-26--- "The LORD is my portion," says my soul, "therefore I will hope in him."  
The LORD is good to those who wait for him, to the soul that seeks him.  
It is good that one should  
**wait quietly**  
for the salvation of the LORD.*

*Psalm 62:1 For God alone my soul **waits in silence**; from him comes my salvation.*

*Psalm 62:5 For God alone my soul **waits [rests] in silence**, for my hope is from him.*

*Psalm 4:4 **commune** with your own hearts on your beds, and **be silent**.*

*Psalm 37:7 **Be still** before the LORD [**rest** in the Lord-NAS], and **wait patiently** for him; fret not yourself...*

*Psalm 116:7 Return, O my soul, to your **rest**; for the LORD has dealt bountifully with you.*

*Isaiah 30:15--- For thus said the Lord GOD, the Holy One of Israel, "In returning and **rest** you shall be saved; in  
**quietness**  
and in trust shall be your strength.*

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Perhaps this silence is best interpreted as letting go and ceasing to worry, calming down. A physical environment conducive to this is very desirable and there are techniques that are helpful, but what ultimately is necessary is mental and emotional discipline.

The word translated as "wait" in Psalm 62:5 (above) can also be translated as "rest". This is another aspect of waiting quietly. It calls for the discipline of allowing faith to control one's feelings.

anxious, fearful thoughts and dark feelings continually seek to disrupt prayer and meditation. They must be confronted with the fact of God's love and our deliberate choice to rest in that love and not in them.

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*Isaiah 8:17--- I will wait for the Lord...I will hope in Him [I will look eagerly for Him-NAS]*

The word usually translated as "wait" literally means "to wait with hope". (Thus, the word is sometimes translated simply as "hope".)

Waiting on the Lord is done with expectation that God will respond.

Waiting on the Lord involves expecting to hear Him speak, to make Himself known to us. Everything to this point has been preparatory to receiving the Word of the Lord.

*1 Sam 3:9"Speak, LORD  
, for your servant is listening."*

## 2. FILL THE MIND WITH SCRIPTURE

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Meditation, according to the Scripture, is not some kind of state wherein one seeks to empty one's mind.

It is an effort to fill the mind with the inscripturated Word of God, listening to Him speaking through it.. This practice is commanded by the Lord Himself. God blesses the person whose delight is in the law of the LORD and meditates on it –see Psalm 1:2

*Joshua 1:8- "This book of the law shall not depart out of your mouth, but you shall **meditate** on it day and night, that you may be careful to do according to all that is written in it; for then you shall make your way prosperous, and then you shall have good success."*

Biblical Meditation is not entering into some kind of complete oneness with some Ultimate Reality

Psalm 119:15, 97, 99 ---I will **meditate** on thy precepts, and fix my eyes on thy ways. Oh, how I love thy law! It is my **meditation** all the day ...- thy **meditation** are my **meditation**

Psalm 119:147,148--- I rise before dawn and ... I hope in thy words. My eyes are awake [late into the night] that I may **meditate** upon thy promise.

### 3. SPECIFICALLY, LEARN ABOUT THE WORKS OF GOD

*Psalm 145:5 ---On the glorious splendor of thy majesty, and on **thy wondrous works**, I will*

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*meditate.*

*Psalm 143:5--- I meditate on **all that thou hast done**; I muse on what thy hands have wrought.*

*Psalm 77:11,12---I will call to mind **the deeds of the LORD**; yea, I will remember thy wonders of old. I will meditate on all thy work, and muse on thy mighty deeds.*

### 4. SEE GOD HIMSELF IN HIS WORKS

The object of meditation on the works of God is to "see" the God who has thus revealed Himself through His works. There is a great need to learn and meditate upon the great themes of the entire Bible in which we see demonstrated the person and works of God. Meditation is more than thinking about precepts or principles. It is to know more about the one from whom they came.

Biblical meditation is centered on God. Scripture is revelation of Him.

The prophets said: Behold God!

That is the ultimate object of contemplating Scripture.

*Psalm 63:2 I have looked upon **thee** ... beholding thy power and glory.*

*Psalm 63:6 I think of **thee** upon my bed, and meditate on thee in the watches of the night*

*Psalm 77:3 I think of **God**, and I moan; I meditate, and my spirit faints.*

*Psalm 26:3 **thy steadfast love** is before my eyes*

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*Psalm 27:4 One thing have I asked of the LORD, that will I seek after- [TO] behold **the beauty of the LORD***

All of this leads to fulfilling the yearning desire of the soul for God Himself. The God whom we seek is reveals Himself and is found when we have inner silence, meditate on Scripture and listen for His Word!