

Meditate on the Word of God.

In our culture to meditate is to practice some form of eastern mysticism. However the Bible has a clear context for meditation.

*Josh 1:8 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.*

The purpose

The purpose of Meditation is to enable us to hear God more clearly.

Meditation is a more passive discipline. It is characterised more by reflecting than by studying, more by listening than by thinking, more by releasing than by grabbing. In the discipline of meditation we are not so much acting as we are opening ourselves to be acted upon. We invite the Holy Spirit to come and work within us – teaching, cleansing, comforting, rebuking. We also surround us with the strong light of Christ to protect us from any influence not of God. (Celebration of Discipline, By Richard Foster)

Scriptures

*Ps 119:148 My eyes stay open through the watches of the night, that **I may meditate on your promises***

*Ps 145:5 They will speak of the glorious splendour of your majesty, and I will **meditate on your wonderful works.***

*Ps 77:12 I will **meditate on all your works and consider all your mighty deeds.***

How to Meditate on the Word of God.

The above scriptures address meditating on God's promises and his wonderful works and mighty deeds. All of which are found in the word of God the Bible.

When meditating on the scriptures we first need to know the scriptures. Therefore an open Bible is needed unless you have memorised the passage you will meditate on.

1. Posture is important you need a quiet place and a comfortable position so you can quieten your heart and mind.
2. Choose a passage that has a theme you would like to meditate on. It may only be one sentence like, "God Is Love."
3. Quietly reflect on why God is love, quietly declare God is love, and allow this fundamental concept to seep into your heart and mind.
4. Ask the Holy Spirit to reveal the truth of the scripture to you, to cleanse you, and to comfort you.
5. Time is crucial don't rush relax and wait in His presence.
6. Keep a Journal of the things revealed to you during your daily meditation.

Creating space regularly to be quiet before the Lord and meditate on his word is a discipline. You will need to challenge yourself and make specific sacrifices in order to discipline yourself spiritually.