

Meditate on God's Word

Joshua 1:8

- I. Meditate on The Living Word
 - a. ¹⁴And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth. John 1:14
 - b. ²³But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.²⁴God is a Spirit: and they that worship Him must worship Him in spirit and in truth. John 4:23-24
- II. What is Meditation?
 - a. Christian meditation is altogether different from the increasingly popular practices of mindfulness and self-enlightenment, as well as transcendental meditation.
 - b. "The Hebrew word translated "meditate" literally means, "mutter." When one continually mutters God's word to himself, he is constantly thinking about it"
 - c. To meditate on God's word is to slowly and reverently repeat God's word to yourself.
 - d. Meditation "involves reflecting on God's word and ways and applying them to every area of your life."
- III. There is an old saying "You are what you eat." It is also true that you are and are becoming what you think.
 - a. Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in

His law doth he meditate day and night. Psalm 1:1-2

- b. The Hebrew word translated "meditate" literally means, "mutter. When one continually mutters God's word to himself, he is constantly thinking about it.
- c. To meditate on God's word is to slowly and reverently think about God's word to yourself.

IV. We are commanded to meditate.

- a. This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1:8
- b. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Philippians 4:8
- c. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls. But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it. James 1:22-25

V. Meditation calms the anxious soul.

- a. There are many things to be worried about today...daily provision - employment future - life and death - health - personal relationships - pleasing people - finances, interest rates, stock-markets ...
- b. Stress and worry break us down. They are the unseen source of our headaches, backaches, heartaches and bellyaches. They produce everything from obesity to obscenity, from constipation to diarrhea and from impatience to impotence. They give us knotted stomachs, sleepless nights, high blood pressure, low morale. They make our tempers short and our days long. They cause indigestion, irritation, chest-pain and muscle strain.
- c. An anxious man is an unstable man. A double minded man is unstable in all his ways. James 1:8

VI. Regardless of the cause of the stress mediating on God's Word can and will be a calming factor.

- a. Mediate on who God is.
 - 1. The name of the LORD is a strong tower: the righteous runneth into it, and is safe. Proverbs 18:10
 - 2. He shall cover thee with His feathers, and under His wings shalt thou trust: His truth shall be thy shield and buckler. Psalm 91:4
 - 3. I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty. Revelation 1:8
- b. Meditate on who you are.
 - 1. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. Psalm 139:14

2. In whom we have redemption through His blood, the forgiveness of sins, according to the riches of His grace; Ephesians 1:7
 3. Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light: Who hath delivered us from the power of darkness, and hath translated us into the kingdom of His dear Son: Colossians 1:12-13
- c. Meditate on what God has said about you.
1. And the LORD shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of the LORD thy God, which I command thee this day, to observe and to do them: Deuteronomy 28:13
 2. Nay, in all these things we are more than conquerors through him that loved us. Romans 8:37
 3. But thanks be to God, which giveth us the victory through our Lord Jesus Christ. 1 Corinthians 15:57

Won't it make you clean, Inside!

The young boy told his Grandpa, ...

"It is useless to study the Bible. I can't remember anything. The Bible is just a book of begets, ... so in so beget so in so. Reading it does me no good!"

The Grandpa pondered, then said to the boy, ...

"Get the basket we carry coal to the stove in and run to the river and get me a basket of water!"

So the young boy grabbed the dirty old coal basket and ran quickly to the river.

He dipped the basket in the water and ran home. By the time he got home, the basket was empty. Grandpa scolded the lad and sent him back to the river for water. Again the basket leaked all the water out before the lad could get home. The third time was the same.

The boy said, ... "It's no use Grandpa, I can't get the water to stay in the basket!" Grandpa replied, ... "Look at the basket!" The boy looked and the dirty coal dust in the basket was washed out and the basket was clean.

Grandpa said, ... "That is the way the Word of God is, you may think it is not accomplishing its purpose, but it will wash you clean, and change your attitudes."

You may not understand everything when you study, you might even forget a lot of what you study. But if you will continue and be faithful to study the Bible, God will use you to bring Him glory.