

- a) Take a solitary walk
- b) Set aside electronic gadgets, including your phone.
- 2) Choose **enough time** so that your heart is warmed toward the things of God.
 - a) Not too short of time to remain weak, not too long of time to become wearisome
- 3) Choose to **practice** what can develop into a consistent habit (Psalm 1:2)
 - a) Consistency
 - i) Increases our knowledge of the things of God.
 - ii) Encourages a greater intimacy with God.
 - iii) Difficult duties often become easier through frequent exercise.
 - b) Inconsistency
 - i) Long interruptions hinder the deepening of our affections.
 - ii) Inconsistency makes us unskillful in our work.
- 4) Four practical steps
 - a) Pray for the Spirit's help for fervency and frequency.
 - b) Choose a passage from your Bible reading (Joshua 1:8; 1st Timothy 4:13-15).
 - c) Question and examine yourself.
 - The goal is to surrender your will to the purposes of God.
 - i) What **commands** am I to obey?
 - ii) What **promises** am I to trust?
 - iii) What **threats** am I to heed?
 - iv) What **examples** am I to follow?
 - d) Conclusion
 - i) What area(s) of my life need the practical application of this Bible passage right now?
 - ii) What will I do to implement this Biblical truth today? This week?
 - iii) Thank God for the time spent, and ask for grace to apply these things for His glory and my good?

Part 6: The occasions of meditation

- 1) Personal Bible reading
- 2) Hearing sermons
- 3) Sermon preparation
- 4) Special events (funerals, weddings, particular times of testing, etc.)
- 5) The Lord's Supper
 - a) Negatively: examine your heart for any hints of any unacknowledged sin and evil unbelief (1st Corinthians 11:
 - b) Positively: (see John Owen, Works: 9:558-60)
 - i) The horrible guilt of sin and the payment on the cross
 - ii) The purity, holiness, and severity of God that would not pass by sin, when it was charged upon His Son
 - iii) The infinite wisdom and love of God that found this way of glorifying His holiness and justice
 - iv) The infinite love of Jesus who gave Himself for sinners
 - v) The reason Christ gave Himself to the cross—to glorify God by reconciling sinners to God

Part 7: The location of meditation

- 1) In your heart—Psalm 4:4; 19:14; 49:3; 77:6
- 2) On your bed—Psalm 4:4; 63:6

Part 8: Times for meditation

- 1) At night and early morning hours—Psalm 4:4; 8:3; 16:7; 42:8; 63:6; 77:6; 119:148
- 2) Throughout the day—Joshua 1:8; Psalm 1:2; 19:1-6; 119:97; John 4:1-41

Part 9: Specific subjects for meditation

- 1) God's Word—Joshua 1:8; Psalm 1:2; 119:15, 23, 48, 78, 99, 148
- 2) God's person/character/attributes/name—Psalm 63:6; 145:5; Isaiah 26:3; Malachi 3:16
- 3) God's works—Psalm 77:12; 119:15, 27; 143:5; 145:5; Matthew 6:26; 10:29-30;
- 4) God's view of my sin—Haggai 1:5; Psalm 119:59
 - a) The horrible and heinous nature of sin
 - b) The foolishness and consequences of sin
 - c) Subjects designed to conquer a particular temptation to sin—1st Corinthians 10:13
- 5) God's rule over time—Psalm 90:12
 - a) The certainty of our death—Ecclesiastes 7:2
 - b) God's sure judgment—2nd Corinthians 5:9; Hebrews 9:27
 - c) The glories of heaven—Colossians 3:1-4; 1st John 3:3
 - d) The sobering reality of our death—Psalm 39:4-5; 90:9-10
- 6) God-approved topics—Philippians 4:8 Things that are ...
 - a) *True* [*alethes*]—things that agree with the fact, that conform to reality
 - b) *Noble* [*semnos*]—things worthy of respect
 - c) *Just* [*dikaios*]—things that are upright, that conform to God's standard
 - d) *Pure* [*hagnos*]—things that are morally pure, innocent
 - e) *Lovely* [*prospiles*]—things that are acceptable or agreeable, pleasing
 - f) *Good report* [*euphemos*]—commendable, praiseworthy
 - g) *Virtue* [*arete*]—good quality, moral excellence
 - h) *Praiseworthy* [*epainos*]—commendable, highly valued or admired

Part 10: Reasons for meditation

- 1) It is the believer's work, duty, and privilege to think upon God
- 2) It follows the example of Christ and other godly people—Psalm 1:2
- 3) It is God's command given for the believer's good—Joshua 1:8; Proverbs 6:6; Haggai 1:5, 7
- 4) It is necessary for the believer to know God's Word well—Psalm 119:99-100
- 5) It assists the believer in the duty of prayer and all other means of grace—Psalm 143:5-6
- 6) It helps apply the Scripture to redeeming the time with one's mind—Ephesians 5:16
- 7) Without meditation, one cannot become a godly, stable Christian—Psalm 1:1-6; Ephesians 4:23; Philippians 2:12-13; 4:8
- 8) It expresses our love for God's Word—Psalm 104:34; 119:97; 139:17-18

Part 11: Benefits of meditation

- 1) It encourages obedience—Joshua 1:8a
- 2) It encourages wisdom—Joshua 1:8b
- 3) It encourages spiritual understanding—Psalm 119:99
- 4) It encourages spiritual progress—1st Timothy 4:15
- 5) It encourages repentance—Psalm 119:59; Haggai 1:5, 7
- 6) It encourages resolve to fight sin—2nd Corinthians 7:10-11; 2nd Timothy 4:7
- 7) It encourages genuine affection for God—Psalm 39:3; 112:7-8
- 8) It encourages growth in grace—2nd Peter 3:18

- 9) It encourages comfort and assurance to the soul—Psalm 119:50, 52, 92
- 10) It encourages a life of joy, thankfulness, and contentment—Psalm 16:11; 104:33-34
- 11) It encourages one's knowledge and retention of God's Word—Psalm 119:15-16, 99

Part 12: Hindrances to meditation

- 1) Excuses
 - a) It is too difficult—Proverbs 6:9-11; 1st Timothy 4:15; 2nd Timothy 2:1
 - b) It's not for me personally
 - i) I'm not in "full-time ministry" so it's not for me
 - ii) I don't have the temperament for meditating—Joshua 1:8; Psalm 1:2; Philippians 4:8
 - c) I'm too busy with other responsibilities— Joshua 1:8; Matthew 6:33
 - d) It's hard for me to focus—1st Timothy 4:7; 2nd Corinthians 10:1-6
 - e) Silence allows thoughts of my guilt to surface—Psalm 32:5; 103:12; Romans 8:1; Hebrews 7:25; 1st John 1:7, 9
 - f) I'm wrapped up in the pleasures of this age
 - i) Acknowledge the legitimate guilt of seeking pleasure in this age—Jeremiah 2:13
 - ii) Be willing to admit my sin problem— James 4:4
 - iii) Separate myself from whatever activities or pursuits that have been responsible for seducing me from devotion to Christ—2nd Corinthians 11:3
 - iv) Recognize that genuine joy and delight are found in Christ—Psalm 51:8, 12
- 2) Modern hindrances
 - a) The distraction of entertainment and gadgets—Hebrews 12:1-2; 2nd Timothy 2:4
 - b) The influence of ungodly friends—Psalm 1:1-2; Proverbs 13:20
 - c) The failure to decisively separate from the world—2nd Corinthians 6:17;

Part 13: Getting started

- 1) Pray dependently for God's assistance—Hebrews 4:16; 2nd Corinthians 3:5
- 2) Willingly accept the difficulties of meditation
- 3) Persevere in the habit of meditation—Proverbs 24:10
- 4) Recognize that meditation is essential as God's mean for progressive sanctification—Ephesians 4:23-24
- 5) Replace love for entertainment with love for Christ—Revelation 2:4
- 6) Learn to enjoy meditation
- 7) Make meditation a priority in life—Colossians 1:18