

# Day 5 - Meditating on God's Word

What do you think of when you hear the word *meditation*? Likely, you think of someone sitting in a crisscrossed position with her eyes closed, humming and trying her best to empty her mind. Because of the anti-Christian affiliations with meditation, many are wary of such a practice, but biblical meditation is quite different from those forms of meditation. We need not be wary of biblical meditation. In fact, we are commanded to meditate on God's Word see it modeled countless times throughout Scripture.

Read *Joshua 1:8*.

What is Joshua supposed to do regarding the Book of the Law? (*meditate on it all the time*)

Why is Joshua to meditate on God's Word? (*so he will do what is written in it*)

Read *Psalms 1:1-3*.

Who does this passage say is blessed? (*the one who delights in the law of God and meditates on it*)

Read *Psalms 119:99*.

Why does the psalmist have more understanding than his teachers?  
(*he meditates on God's testimonies, that is, his Word*)

The main difference between worldly meditation and biblical meditation is that worldly meditation is about emptying your mind while biblical meditation is about filling it – with God and his truth found in Scripture. It is not a passive activity; it is mental activity – a discipline we must train ourselves to do. Biblical meditation is not letting your mind wander aimlessly, loosely tied to some words in your Bible; it is focusing your thoughts. It has a direction and that direction is determined by God's Word itself as you focus your attention on a word, phrase, or teaching you have chosen from his Word.

If God's Word is meant to be heard, read, and studied, then it is surely meant to be lingered in and enjoyed as well. When we meditate on God's Word, it is far more likely that we will be convinced personally and appropriately of the truths of God's Word and their application to us.

Again, I want to encourage you that you can do this. There are many methods to help you focus and meditate on God's Word. Summarize the text; memorize the text; point the text to Jesus (appropriately); pray through the text; but make sure you don't rush the text – take your time.

In general, we should read and meditate daily. So read big and mediate small. Let's get started now. Reread a chapter or two that you've read previously this week, then select a passage (try to find a verse or two that summarizes the main message of the section) and meditate on it individually. After several minutes, talk with your family about what truths you were dwelling on and what you did to keep yourself focused rather than wandering aimlessly.

Close your time of family worship in a time of prayer, remembering the truths you've meditated on and thanking God for his Word and for the mind he has given us so that we can think deeply about the truths found in his Word.