

# Christian Meditation

## Lesson 2-Introduction Continued

**Definition-** *“Meditation is the soul’s retiring of itself, that by serious and solemn thinking upon God, the heart may be raised up to heavenly affections.”*

**Importance of meditation:** *“The Spirit illumines the real world to us, so that the false world of the flesh, sin and death fade away. Meditation is attending deeply to God’s truth, purposes and revelation, so that the lies of the world are seen as lies, and so the truth of God can pervade every aspect of our lives.”*

### **Meditation is a means of grace**

Meditation does not save but it is what the saints are called to do so that they \_\_\_\_\_ in grace. There are several reasons why the saints should meditate.

#### **1. The Lord \_\_\_\_\_ it**

*“Meditation is a duty imposed-it is not arbitrary. The same God who has bid us believe, has bid us meditate, ‘This book of the law shall not depart from your mouth, but you shall meditate on it day and night’ (Joshua 1:8).”*

#### **2. It teaches one to \_\_\_\_\_ themselves**

*“We may conclude it is a good duty because it is against the stream of corrupt nature. We shall find naturally a strange averseness from meditation...to think of the world if it were all day long is delightful. But as for holy meditation, how does the heart wrangle and quarrel with this duty...Now truly, there needs no other reason to prove a duty to be good, than the reluctance of a carnal heart.”*

*“Even believers have a fleshliness still ingrained in their hearts, blinding their spiritual vision with flesh. Meditation is an assault on that fleshliness.”-Strobel*

Meditation is one of the “means of grace” that God has given to us for our \_\_\_\_\_. In fact, meditation naturally flows into other means of grace (prayer, praise, Bible reading, etc.). When we do not meditate, we hinder our own spiritual growth.

*“The goal is beyond our power, as in all means of grace, but our role is offering to God our meditation that He might endow us with grace to grasp His way as beautiful.”-Strobel*

*“The Christian life is a journey to see clearly, meditation is attending deeply to the beauty and glory of God. This is not ‘physical’ sight-we do not see new objects. Rather the ‘eye of our mind’ is able to see reality for what it truly is. As Spirit-indwelt believers we now grasp the beauty of reality and the ugliness of depravity...Meditation is an activity that seeks to unite the understanding and the will to an affectionate knowledge of God.”-Strobel*

### **Meditation is different from simply remembering something**

While meditation does involve the use of memory, it is much more. Memory will bring a truth back to our minds. Meditation will take that truth and use it for the \_\_\_\_\_ of one’s soul. A memory can quickly be cast aside where meditation is taking a truth and not letting it leave you but grasping onto it and not letting it go until your soul is better for it.

*“Meditation has more sweetness in it than the bare remembrance. The memory is the chest or cupboard to lock up a truth, meditation is the palate to feed on it. The memory is like the ark in which the manna was laid up, meditation is like Israel’s eating of manna...There is as much difference between a truth remembered and a truth meditated on, as between a cordial in a glass and drunk down.”*

Another reason why meditation is superior to simple memory is the fact that a memory not meditated on will only lead to \_\_\_\_\_ in the future. Whereas a memory that has been meditated upon will lead to the growth of grace.

*“What comfort can it be to a man when he comes to die to think he remembered many excellent notions about Christ but never had the grace so to meditate on them as to be transformed into them! A sermon remembered, but not ruminated, will only serve to increase our condemnation.”*

### **Meditation is also different from the work of study**

While meditation involves the mind as does study, it is more than that. Studying a truth is seeking to grow in knowledge upon a subject—the goal is to fill one’s mind. Meditation is the taking of a truth and feasting upon it so as to fill one’s \_\_\_\_\_.

*“Study is the work of the brain, meditation of the heart...the design of study is the finding out of a truth, the design of meditation is the spiritual improvement of a truth. The one searches for the vein of gold, the other digs out the gold.”*

*“Study leaves a man never a speck the better, it is like a winter sun that has little warmth and influence. Meditation leaves on in a holy frame. It melts the heart when it is frozen, and make it drop into tears of love.”*

### **The Dangers of Neglecting Meditation**-Edmund Calamy (1600-1666)

1. The reason why people harden their hearts in \_\_\_\_\_ and go on obstinately—is for lack of meditation.
2. The reason why all the \_\_\_\_\_ we hear do us no more good, is for lack of divine meditation.
3. The reason why the \_\_\_\_\_ of God do no more affect your hearts, when the saints of God taste no more sweetness in the promises—is because you do not ponder and meditate upon them.
4. The reason why the \_\_\_\_\_ of God make no more impression upon our hearts, is for lack of meditation.
5. The reason why the \_\_\_\_\_ of God do no more good upon us is for lack of meditation.
6. The reason why afflictions do work no more upon us and why we are never the better for the \_\_\_\_\_ hand of God is for lack of meditation.
7. The reason why the \_\_\_\_\_ of God take no more impression upon our hearts, is for lack of this grace of meditation.
8. What is the reason that the saints of God are so \_\_\_\_\_ of God's providences when they are ready presently to sink and to say they are undone?
9. The reason why the professors of religion are so \_\_\_\_\_ of other men and so little censorious of themselves, why they judge every man and examine every man but themselves—is for lack of meditation.
10. The reason why professors of religion offer the \_\_\_\_\_ of fools to God when they come to worship Him.
11. What is the reason that people prepare no more for \_\_\_\_\_?