

Christian Meditation

Lesson 3-Subjects of Meditation

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.”*

God’s Attributes- *“The attributes of God are the several beams by which the divine nature shines forth to us...”*

Before we discuss the six attributes that Watson briefly discusses it is helpful to remind ourselves of the doctrine of _____. *“God is simple, exalted above all composition, and that there is no real distinction between His being and His attributes. Every attribute is identical with God’s being. He is what He has.”-Herman Bavinck*

1. _____-(Psalm 139:1-6) *“His eye is continually upon us. He has a window open into the conscience and our thoughts are unveiled before Him.”*

Reasons why meditating on God’s omniscience is beneficial:

- A. **It will restrain our _____** - *“Will a thief steal when the judge looks on?”*
 - B. **It will help our hearts to be more _____** - *“Only a fool would dare to be a hypocrite before God!”*
 - C. **It will help us marvel at God’s _____ for sinners**
 - D. **It will help us grow in our _____ of God**
2. _____-(Exodus 15:11) *“God’s holiness is that whereby His heart rises against any sin, as being most diametrically opposite to His essence...God never loves us until we are like Him.”*

Meditating on God’s holiness will help to transform us into His _____ (1 Peter 1:15-16) which is a necessary fruit of salvation (Hebrews 12:14).

3. _____-(Romans 11:33) *“His wisdom shines forth in the works of providence...He can make use of the injustice of men to do that which is just. He is infinitely wise and breaks us by afflictions. And upon these broken pieces of the ship He brings us safely to shore.”*

Meditating on God’s wisdom will _____ our hearts while the world around us and even our own lives seem to be going crazy. We must remember, *“God will make a golden cordial from poison; all things shall be beneficial and medicinal to me. Either the Lord will expel some sin or exercise some grace. Meditation on this would silence all murmuring.”*

Another aspect of wisdom that is beneficial to meditate on is the wisdom of God displayed in the _____ (1 Corinthians 1:18-25). Meditating on the wisdom of God in the gospel will help us to walk by faith and not by sight.

4. _____-(Job 26:7) *“God’s power is visible in the creation...Nothing can stand before a creating power! He needs no preexistent matter to work upon. He needs no instruments to work with, He can work without tools...An earthquake makes the earth tremble upon her pillars-but God can shake it out of its place.”*

“Meditation on God’s power would be a great stay to faith. A Christian’s faith may anchor safely upon the rock of God’s power. It was Samson’s riddle, ‘Out of the strong came something sweet’ (Judges 14:14). While we meditate on the power of God, out of this strong comes forth sweetness. Is the church low? He can ‘created praise in Jerusalem’ (Isaiah 65:28). Is your corruption strong? God can break the head of the leviathan. Is your heart hard as stone? God can dissolve it for the Almighty makes my heart soft. Faith triumphs in the power of God. Out of this strong comes forth sweetness.”

Not only is God’s power seen in creation, but His power is also seen in the _____ (Romans 1:4 & 16).

Meditating on God’s power to save brings _____ that no person is beyond the reach of God’s saving power.

5. _____-(Ephesians 2:4) *“Mercy is an innate disposition in God to do good...God’s mercy is so sweet, that it makes all His other attributes sweet. Holiness without mercy, and justice without mercy, would be dreadful.”*

“Meditation on mercy would be a powerful load-stone to draw sinners to God by repentance...Mercy finds out the worst sinner. Mercy comes not only with salvation in hand, but with healing under its wings. Meditation on God’s mercy would melt a sinner into tears.” (Titus 3:3-5)

6. _____-(1 Samuel 15:29) *“Mercy makes the promise, and truth performs it...He is abundant in truth. God may sometimes delay a promise, He will not deny it...The world hangs upon God’s power, and faith hangs upon His truth.”*

Meditating on God’s truthfulness will be a support for our faith and will also help us to see the importance of being people of truth so as to _____ our God.

The Promises of God- *“The promises of God are flowers growing in the paradise of Scripture. Meditation, like the bee, sucks out the sweetness of them. The promises are of no use or comfort to us until they are meditated upon.”*

There are three different categories of divine promises that we should meditate on:

1. **Promises of _____** (Isaiah 43:25) *“Oh, but may the sinner say, ‘There is no reason God should do this for me.’ Well, but acts of grace do not go by reason, ‘I will blot out your sins for my name’s sake.’ Oh, but says the sinner, ‘Will not the Lord call my sins again to remembrance?’ No, He promises to send them into oblivion: ‘I will not remember you with your sins-I will remember your sins no more.’ Here is a sweet promise to meditate upon. It is a hive full of the honey of the gospel.”*
2. **Promises of _____** (Isaiah 1:18) *“God will whiten the soul and will make a scarlet sinner into a snow-white saint! By virtue of this work, a Christian is made a partaker of the divine nature. He has a suitability and fitness to have communion with God forever.”*
3. **Promises of _____** (Matthew 5:8) *“Meditation on these promises will be as choice cordials to keep us from fainting under our sins and sorrows.”*