

Christian Meditation

Lesson 4-Subjects of Meditation-Part 2

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.”*

The _____ of Christ- *“Christ is full of love as He is of merit.”*

The love of Christ is a _____ love-The love of Christ is far greater than we can realize (Ephesians 3:14-19). *“The apostle calls it a love ‘which passes knowledge’...A believer’s heart is the garden where Christ has planted this sweet flower of His love.”*

The love of Christ is a _____ love-He loves those whom He chooses to love. *“That God should pass by so many of noble birth and abilities (1 Cor. 1:26), and that the lot of free grace should fall upon me-O the depths of divine grace!”*

The love of Christ is an _____ love-Nothing can stop Christ from loving those that He has chosen to love. *“Death might take away Christ’s life-but not His love! Neither can our sin wholly quench that divine flame of love...That which makes this love of Christ the more stupendous, is that there was nothing in us to excite or draw forth His love! He did not love us because we were worthy-but by loving us He made us worthy.”*

The love of Christ is an _____ love-Christ’s love for us does not change. He is not like us in whom love easily grows cold. *“The saints are like letters of gold engraved upon Christ’s heart, which cannot be erased out.”*

Benefits of meditating on the love of Christ:

- 1. It will _____ our love for Him in return-** *“Serious meditation on the love of Christ, would make us love Him in return. ‘Can one walk on hot coals and his feet not be scorched?’ (Proverbs 6:28). Who can tread by meditation upon these hot coals of Christ’s love and his heart not burn in love to Him?”*
- 2. It will make us more aware of our sinful _____ of love for Him-** *“Did not Christ suffer enough upon the cross, must we make Him suffer more? Do we give Him more gall and vinegar to drink? If anything can dissolve the heart into mourning, it is the unkindness offered to Christ.”*
- 3. It will help us to love our _____-** *“He loved His enemies...He prayed for His enemies, ‘Father forgive them’ (Luke 23:24). He shed tears for those who shed His blood! Those who gave Him gall and vinegar to drink to them He gave His sin-forgiving blood to drink. Meditation on His love should melt our hearts in love to our enemies...Augustine says, ‘Christ made a pulpit of the cross, and the great lesson He taught Christians was, to love their enemies.’”*

4. **It will _____ us in His absence-** *“Sometimes He is pleased to withdraw Himself (Cant. 5:6), yet when we consider how entire and immutable His love is, it will yet make us wait with patience until He sweetly manifests Himself to us.”*

_____ - *“Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.”* -1 John 3:4

The _____ of sin- *“We are in Adam as in a common head, or root-and he sinning we became guilty (Romans 5:12). By his treason our blood is tainted. This guilt brings shame with it, as its twin.”*

The _____ of sin- *“Not only is the guilt of Adam’s sin imputed, but the poison of his nature is disseminated to us. Our virgin nature is defiled. If the heart is spotted, how then can the actions be pure? If the water in the well is foul, it cannot be clean in the bucket!”*

“Sin is natural to us...Sin is not easily cast off. A man may as well shake off the skin of his body as the sin of his soul! There is no shaking off this viper until death...Often meditate on the contagion of sin. How strong is that poison, a drop whereof is able to poison a whole sea?”

The _____ of sin- *“Sin is not only a defiling thing, but a damning thing. It is not only a spot in the face, but a stab in the heart. Sin betrays us into the devil’s hands who writes all his laws in blood. Sin binds us over to the wrath of God. What then are all our earthly enjoyments, with the sword of divine vengeance hanging over our head.*

Benefits to meditating on the wickedness of sin:

1. **It will keep us _____-** *“Meditation on sin would make the plumes of pride fall off.”*
2. **It will keep us from _____-** *“We would not willingly entertain one in our house who had a deadly plague! Sin brings with it, the place of God’s curse, which cleaves to a sinner. Meditation on this would make us fly from sin.”*
3. **It will make us marvel at the _____ of God-** *Can we think of the wickedness of our sin and not marvel at the mercy of God for us in Christ? We do not marvel at God’s mercy because we do not truly see the gross evil of our sin.*

The _____ of the Creature- *“When you have sifted out the finest flour that the creature can give, you will find something either to dissatisfy or nauseate...Those who think to find happiness here on earth, are like Apollo who embraced a tree. Meditate on this vanity of the creature. The world is like a looking glass-which shows a false beauty.”*

Benefits of meditating on the vanity of the creature:

1. **It will make us not so _____ with the things below-** *“Meditation on worldly vanity would be like the digging about the roots of a tree, to loosen it from the earth...Let a Christian think thus with himself, ‘Why am I so serious about such a worthless vanity? If the whole earth were changed into a globe of gold, it could not fill my heart.’”*
2. **It will make us seek more _____ things-** *“Meditation on the creature’s vanity would make us look after more solid comforts-the favor of God, the blood of Christ, the influences of the Spirit.”*