

# 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.”*

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**The Excellency of** \_\_\_\_\_ -Believers should think \_\_\_\_\_ of God’s amazing grace

*“Grace is precious in itself. Grace is precious as comes from above. Grace is precious in its nature; it is the seed of God. Grace is the spiritual embroidery of the soul. It is the very signature and engraving of the Holy Spirit. Grace does not lose its color. It is such a commodity that the longer we keep it the better it is-it changes into glory.”*

*“As grace is precious in itself, so it makes us precious to God; as a rich diamond adorns the one who wears it...The saints who are invested with grace, are God’s jewels. Though sullied with reproach, though besmeared with blood-yet jewels! All the world besides, it but chaff. These are the jewels-and heaven is the golden cabinet where they shall be locked up safe. A gracious man is the glory of the age he lives in. So illustrious in God’s eye is a soul bespangled with grace, that He does not think the world worthy of them (Hebrews 11:38).”*

Being a recipient of God’s grace should be considered the greatest of \_\_\_\_\_. God’s grace is far more precious and valuable than anything else we can possess. Men often make much of the things they possess but God’s grace should be seen as the greatest and most valued. Watson lists two things which men often value more than grace:

1. \_\_\_\_\_ - *“The sun does not shine so much in our eyes as gold...But grace weighs heavier than gold. Gold draws the heart from God, grace draws the heart to God...Gold perishes, grace perseveres (1 Peter 1:7). The rose, the fuller it is blown, the sooner it sheds-is an emblem of all things, besides grace.”*
2. \_\_\_\_\_ - *“These are nature’s pride. Gifts and abilities, like Rachel, are fair to look upon, but grace excels. I had rather to be holy than eloquent....Gifts commend no man to God...God may send away reprobates with gifts, as Abraham gave the sons of the concubines some gifts (Genesis 25:6), but he entails the inheritance only upon grace.”*

### **Benefits of meditating on the excellency of grace:**

1. **Meditating on the grace of God will make us grow in our \_\_\_\_\_ of it-** *“The musings on the beauty of grace would make us fall in love with it. He who meditates on the worth of a diamond, grows in love with it.”*
2. **Meditating on the grace of God will kindle in us a desire to \_\_\_\_\_ it-** *“We dig for gold in the mine, we sweat for it in the furnace. If we meditated on the worth of grace, we would dig in the mine of ordinances for it!”*

- 3. Meditating on the grace of God will make us more willing to be used by God to pour out grace upon \_\_\_\_\_** - *“Is grace so transcendently precious, and have I a child who lacks grace? Oh, that I might be a means to convey this treasure into his soul! I have read of a rich Florentine, who being about to die, called all his sons together and used these words to them, ‘It much rejoices me now upon my deathbed, that I shall leave you all wealthy,’ but a parents ambition should be rather to convey sanctity, that he may say, ‘O my children, it rejoices me that I shall leave you gracious; it comforts me that before I die, I shall see Jesus Christ live in you.’”*

**Your \_\_\_\_\_ State-** *“Enter into a serious meditation on the state of you souls. While you meditate on other things, do not forget yourselves as the great work lies at home.”*

*“For lack of this meditation, men are like travelers, skilled in other countries-but ignorant of their own. So they know other things but know not how it goes with their souls, whether they are in a good state or bad. There are few who by holy meditation enter within themselves.”*

Our \_\_\_\_\_ is a major reason why we do not consider our own spiritual state more. Watson lists reasons why men don’t meditate on more on this:

1. \_\_\_\_\_ - \_\_\_\_\_ - We may not mediate on the state of our soul because we are afraid of what we might find. Our nagging sense of guilt or our secret \_\_\_\_\_ in sin, that we know is wrong, will lead us to not spend time meditating on our spiritual state
2. \_\_\_\_\_ - We may not meditate on the state of our soul because we don’t think we really need to. We may consider ourselves as “all good.” Watson, using the parable of the 10 virgins as a picture of those who don’t meditate on their spiritual state, writes, *“They presume all is well, never seriously meditating whether they have oil or not. O Christian, meditate about your soul! See how the case stands between God and you.”*

**When meditating on your spiritual state specifically meditate on these 3 things:**

1. **Are my \_\_\_\_\_ paid?** Do I truly believe in Christ? Do I have faith in Christ? Is my Christianity merely in my head or does it also reside in my heart?
2. **Does my life \_\_\_\_\_ to Christ?** Have I given away my life to Christ? *“See that your will is made...Have you resigned up all interests in yourself? Have you given up your love to God?”*
3. **Does my life \_\_\_\_\_ Christ?** Are there evidences of the Spirits grace? *“What desires have you after Christ? What faith?...Do you as well desire heavenly principles as heavenly privileges.”*

**The \_\_\_\_\_ Number of the Saved-** *“How few in the world know Christ? How few that believe in Him?”*

*“Meditate often on the small number of those who shall be saved. Meditation on this, would keep us from marching along with the multitude. The multitude usually goes wrong. Most men walk ‘after the course of this world’ (Eph 2:2). That is, the lust of their hearts, and the fashions of the times. They march after the prince of the air. Meditation on this would make us turn out of the common road.” (Matthew 7:13-14)*