

# Christian Meditation

## Lesson 6-Subjects of Meditation-Part 4

**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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**Final** \_\_\_\_\_ - *“Think what a sad thing it is to begin in religion to build, and not be able to finish.”*

There are those who will profess Christ for a season...There are those who will appear to us to have some of the marks of a true convert and yet will, in time, \_\_\_\_\_.

The book of Hebrews is written for this very reason to try and turn back those who were contemplating leaving the way of Christ for that which was easier in this world. This book is filled not only with Christ exalting passages but also fearful warnings about the **eternal dangers** of apostasy.

*“A man may be enlightened, and that from a double lamp, the Word and Spirit. But these beams, though they are irradiating, yet not penetrating. It is possible he may have a taste of the heavenly gift; he may taste but not be nourished by it.”*

Benefits of meditating on final apostasy:

1. **It will lead to prayerful \_\_\_\_\_ on God for soundness of heart-** *“Lord let me be not an almost Christian. Work a thorough work of grace upon me...that which begins in hypocrisy, ends in apostasy.”*
2. **It will lead to prayerful \_\_\_\_\_ on God for our perseverance-** *“It was Beza’s prayer-let it be ours, ‘Lord perfect what you have begun in me, that I may not suffer shipwreck when I am almost at the haven.’”*

\_\_\_\_\_ - *“We say we must all die, but how rare it is, that anyone meditates seriously upon death? It is appointed for all once to die. Death is an inviolable reality.”*

One can meditate on death often and not be given over to morbid. We are called to have a balance in life. Our thoughts on death must also be tied to that which is \_\_\_\_\_ or else our thoughts on death will be simply another form of deceit that the enemy uses to destroy us.

Death is \_\_\_\_\_ to us than we care to realize- *“Death is near to us. We are almost setting our feet upon the dark entry of death. The poets painted time with wings. It flies, carrying us upon its wings. The race is short between the cradle and the grave!”*

Our time of death is \_\_\_\_\_ - *“We have no lease but may be turned out the next hour...Our grave may be dug before night. Today we may lie upon a pillow of down, tomorrow we may be laid upon a pillow of dust. Today the sermon-bell tolls, tomorrow our death bell may toll. Think seriously, that to die*

*is to be but once done, and after death our state is eternally fixed. If you die in your impenitence, there is no repenting in the grave. If you leave your work at death half done, there is no finishing it in the grave."*

Benefits of meditating on death-

1. \_\_\_\_\_ - *"Meditation on death would pull down the plumes of pride-you are but animated dust! Shall dust and ashes be proud? Your body will be turned into grass, and that shall be shortly mowed down."*
2. **A lack of satisfaction in \_\_\_\_\_** - *"No stronger antidote against sin, says Augustine, than the frequent meditation on death...We should look upon sin in two looking glasses-the glass of Christ's blood and the glass of death."*
3. \_\_\_\_\_ - \_\_\_\_\_ - We will not be so given to feeding our flesh if we remember that the flesh will perish. *"Our Savior at a feast breaks forth into mention of His burial (Matthew 26). Feeding upon the thoughts of death would be an excellent preservative against gluttony."*
4. **Better stewards of our \_\_\_\_\_** - *"Meditation on death would make us use time better and crowd up much work in a little space...To live and not be serviceable is not life but wasting life."*
5. **A growing desire for \_\_\_\_\_ of life-** *"Death is the great plunderer; it will shortly plunder us of all our outward comforts. Our feathers of beauty and honor must be laid in the dust, but death cannot plunder us of our graces."*

*"The commonwealth of Venice, in their armory, have this inscription, 'happy is he who in time of peace, thinks of war.' He who often meditates on death will make the best preparation for it."*

**The \_\_\_\_\_ of \_\_\_\_\_** - Luther once wrote, *"There are only two days on my calendar: this day and that Day."*

It is a good thing to think about the coming Day. However, thoughts of this upcoming Day are revolting to many. The main reason people do not want to think about that coming Day is because they know themselves to be \_\_\_\_\_.

*"There is a report of the Italians that in a great thunder they use to ring the bells-that the sound of their bells may drown the noise of the thunder. Just so, the devil delights men with the music of the world, that the noise should drown the noise of the day of judgment and make them forget the sound of the last trumpet. Most men are guilty, therefore, they do not love to hear of the day of judgment...Oh, I beseech you meditate upon this last and solemn day. While others are thinking how they may get riches, let us consider ourselves how we may fare on the day of judgment."*

Benefits of meditating on that coming Day:

1. **It will make us think more about our \_\_\_\_\_**
2. **It will make us consider the state of our \_\_\_\_\_ before God-** *"It is no matter what men think of us, but what is our Judge's opinion of us?"*
3. **It will make us, who are children of God, \_\_\_\_\_-for our Judge is our Savior!**