

Christian Meditation

Lesson 7-Subjects of Meditation-Part 5

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.”*

REFORMATION DAY BONUS- The _____ of God in the History of His Church- *“The study of church history is meant to provide more than just inspiration. Serious reflection on the past protects us from error, reminds us of God’s faithfulness, and motivates us to persevere.” - Jon Payne*

Psalm 78:4 *“We will not hide them from their children, but tell to the coming generation the glorious deeds of the Lord, and His might, and the wonders that He has done.”*

The website reformation21.org published an article on 6 benefits of studying church history:

1. **Appreciate the _____ of God-**Matthew 16:18
2. **Apply _____ biblical teachings-** The Spirit has been at work in previous generations, and we would be wise to glean wisdom from that which the saints of old understood
3. **Defend against _____ and cults-** Modern heresies usually have some historical error behind them
4. **Resist being captivated by _____ -** We are all prone to be blown away by the winds of our age. CS Lewis wrote, *“Every age has its own outlook. It is specially good at seeing certain truths and specially liable to make certain mistakes. We all, therefore, need the books that will correct the characteristic mistakes of our own period. And that means the old books.”*
5. **Reevaluate _____ church practices-** There are some things that are done in the church service today that were never done in ages past. This should cause us to consider if modern innovations in the church service are biblical.
6. **Live _____ Christian lives today-** Seeing the unflinching faith of the saints in the past can be a great encouragement and also can lead to a sober humility about our current struggles.

_____ - *“Meditate upon the pain of loss, ‘and the door was shut’ (Matthew 25:10). To have Christ’s face veiled over, and a perpetual eclipse and midnight in the soul. To be cast out of God’s presence, in whose presence is fulness of joy-this accentuates and embitters the condition of the damned. It is like mingling gall with wormwood.”*

Watson then lists 2 different horrible torments of hell that we should meditate upon:

1. **The _____ -** *“It is called a lake of burning fire...I think the fire of hell is partly material and partly spiritual. The material fire is to work upon the body, the spiritual to torture the soul.”*

2. **The _____** (Mark 9:48)- *“This never-dying worm Christ speaks of, is the gnawing of a guilty conscience...To endure hell will be intolerable. To escape it will be impossible.”*

“Meditate much on hell. Let us go into hell by contemplation, that we may not go into hell by condemnation.”

Watson lists two benefits of meditating on hell:

1. **We will flee from _____**- *“The serious meditation on hell, would make us fear sin as hell. Sin is hell’s fuel! Sin, like Samson’s foxes, carries devouring fire in its tail.”*
2. **Lead us to _____**- *“Meditation on hell would cause rejoicing in a child of God...A believer may fear to think of the place of torment but rejoice to think he shall never come into that place...Christ himself has felt the pains of hell for you. The Lamb of God being roasted in the fire of God’s wrath...The saints have the garment of Christ’s righteousness upon them and the fire of hell can never singe this garment.”*

_____ - *“From the mount of meditation, as from mount Nebo, we may take a view and prospect of the land of promise. Christ has taken possession of heaven in the name of all believers. ‘Jesus has gone as a forerunner on our behalf’ (Heb. 6:20). Heaven must needs be a glorious city which has God both for its builder and inhabitant. Heaven is the extract and quintessence of all blessedness. There the saints shall have all their holy hearts can desire.”*

“What a glorious place will this be. In heaven, ‘God will be all in all’ (1 Cor. 15:28), beauty to the eye, music to the ears, joy to the heart.”

Three benefits of meditating on heaven:

1. **It will motivate us to _____**- *“It would put spurs to our sluggish hearts, and make us ‘steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain’ (1 Cor. 15:58). The weight of glory would not hinder us in our race, but cause us to run the faster! This weight would add wings to duty.”*
2. **It will make us strive for _____ of heart-** *“Meditation on heaven would make us strive after heart purity, because only the ‘pure in heart shall see God’ (Matt. 5:8). It is only a clear eye which can look on bright transparent objects.”*
3. **It will help us stand up under our _____**- *“Heaven will make amends for all. One hour in heaven will make us forget all our sorrows! The sun dries up the water. Just so, one beam of God’s glorious face will dry up all our tears.”*

_____ - *“Millions of years stand only for nothing in eternity and signify nothing. What an amazing word is eternity! Eternity to the godly is a day which has no sun-setting. Eternity to the wicked is a night which has no sun rising. Eternity is a gulf which may swallow up all our thoughts. Meditate on that scripture, ‘And these will go away into eternal punishment, but the righteous into eternal life’ (Matt. 25:46).”*