

# Christian Meditation

## Lesson 8-Subjects of Meditation-Part 6

**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 bitter cup the damned drink shall never pass away from them. The sinner and the furnace shall never be parted. When you have reckoned up so many myriads and millions of years, nay, ages-as have passed the bounds of all arithmetic, eternity has not yet begun. The word forever breaks the heart.”*

\_\_\_\_\_ - *“The soul that is landed at the heavenly shore shall proclaim, ‘You make known to me the paths of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore’ (Ps. 16:11). This is what makes heaven to be heaven, ‘We shall be forever with the Lord!’ (1 Thess. 4:17)...this word, ‘forever with the Lord,’ makes up the garland of glory! A state of eternity is a state of security.”*

Benefits of meditating on eternal life:

1. **Make us more \_\_\_\_\_ in life-** *“The thoughts of an irreversible condition after this life would make us pray and live as for eternity.”*
2. **Not overly \_\_\_\_\_ earthly things-** *“What is the this present world to him who has eternity in his eye? It is but nothing. He who thinks of eternity will despise ‘the passing pleasures of sin.’”*
3. **Keep us from \_\_\_\_\_ -** *“Here the wicked may be ‘dressed in purple and fine linen and live in luxury every day.’ But what is this compared to eternity? As long as there is such a thing as eternity, God has time enough to reckon with all His enemies!”*

\_\_\_\_\_ - *“Look over your receipts. Has not God provided liberally for you, and given you those spiritual mercies, which He has denied to others who are better than you?...You never eat, but mercy cares for you. You never go to bed, but mercy draws the curtain, and sets a guard of angels about you. Whatever you have is out of the treasury of free grace.”*

Watson calls us to consider God’s \_\_\_\_\_ over our lives. He lists six different aspects of divine providence to consider in our lives:

1. **Temporal \_\_\_\_\_ -** *“What temporal dangers has God screened off? Your neighbor’s house on fire, but it has not kindled in your dwellings. Another is infected with the plague, but you are healthy. Behold the golden feathers of protection covering you.”*
2. **\_\_\_\_\_ dangers-** *“What spiritual dangers has God prevented? When others have been poisoned with errors, you have been preserved...When you had enlisted yourself and*

*taken pay on the devil's side, yet God has 'plucked you as a brand out of the fire,' turned your heart, and now you espouse Christ's quarrel against sin. Behold preventing grace!"*

3. **Given earthly \_\_\_\_\_ until the time of your salvation-** *"Why is it, that others are struck dead in the act of sin-as Ananias and Sapphira-and you are preserved as a monument of God's patience?" God has done more for you than for the fallen angels. He never granted them repentance, but He has waited for you year after year (Isaiah 30:18)...He not only knocked at your heart in the ministry of the Word, but He has waited at the door...That justice has been like a rainbow without an arrow-that it has not shot you to death-here is a monument of patience to read over and meditate upon."*
4. **Assisting \_\_\_\_\_ -** *"When He has bid you mortify such a lust, and you have said like Jehoshaphat, 'We are powerless against this great horde that is coming against us' (2 Chron. 20:12). Then God has come in with auxiliary force and 'His grace has been sufficient.' When God has bid you pray for such a mercy, and you have found yourself very unfit, your heart was at first dead and flat. All of the sudden you are carried above your own strength; your tears drop and your love flames. God has come in with assisting grace. If the heart burns in prayer, God has struck the fire. The Spirit has been turning your soul, and now you make sweet melody in prayer."*
5. **\_\_\_\_\_ Satan for you-** *"When the devil has tempted to infidelity, to self-murder, when he would make you believer either that your graces were but a fiction, or God's promise but a counterfeit bond; yet you have not been foiled by the tempter-it is God who has kept the garrison of your heart, else Satan's fiery darts would have entered."*
6. **Other \_\_\_\_\_ deliverances from the Lord-** *Maybe the Lord has reestablished your health when you thought your days on earth were drawing to a close. Or maybe you found yourself entangled in a specific sin and the Lord brought deliverance. "You who have rare receipts of mercy, be often by meditation, looking over your receipts."*

*"Meditation on our experiences would raise us to thankfulness. Considering that God has set a hedge of providence about us, He has strewed our way with roses. This would make us take the harp and violin and praise the Lord. And not only praise but record our blessings. The meditating Christian keeps a register or chronicle of God's mercies, that their memory does not decay. God would have the manna kept in the ark many hundred years, that the remembrance of that miracle might be preserved. A meditating soul takes care that the spiritual manna of an experience be kept safe."*

Benefits of meditating on our experiences:

1. **Lead us to greater desire to \_\_\_\_\_ -** Regularly thinking about the Lord's goodness toward you will create in your soul a greater desire to obey such a gracious Master.
2. **Convince us that God is not a \_\_\_\_\_ Master-** Our experiences remind us that God is very patient and has not and does not treat us as our sins deserve. *"Is there any Master besides God who will wait upon His servants?"*
3. **Will stir us with a desire to \_\_\_\_\_ with others the goodness of the Lord-** *"We would be willing to tell our children and acquaintances, what God has done for our souls."*