

# Christian Meditation

## Lesson 9-The Necessity of Meditation

**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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It is not enough to simply hear God’s Word. It is not enough simply to read God’s Word. God’s Word must be \_\_\_\_\_ upon. Watson gives us three truths for us to think upon concerning this:

**1. God has given us \_\_\_\_\_ so that we might meditate upon it-** *“The end why God has given us His Word written and preached is not only to know it, but that we should meditate in it...We must not run it over in haste but meditate upon God’s wisdom in writing, and His love in sending it to us. Why does the physician give his patient a remedy? It is only that he should read it over and know the remedy, or that he should apply it? The end why God communicates His gospel remedies to us, that we should apply them by fruitful meditation.”*

**2. A Christian cannot \_\_\_\_\_ without meditation-** *“The necessity of meditation appears in this, because without it we can never be godly Christians. A Christian without meditation is like a soldier without weapons or a workman without tools.”*

*“Without meditation, the truths of God will not stay with us. The heart is hard and the memory slippery, and without meditation all is lost. Meditation imprints and fastens a truth in the mind...Without meditation, all our preaching is but like writing in sand, or like pouring water into a sieve. Reading and hearing without meditation, is like weak medicine which will not work.”*

**3. Without meditation, truth will not move from our \_\_\_\_\_ to our \_\_\_\_\_ -** *“How can the Word be in the heart unless it be wrought in by meditation? As a hammer drives a nail to the head, so meditation drives a truth to the heart. It is not the taking of food, but the stomach’s digesting it, which makes it turn into nourishment. Just so, it is not the taking in of a truth at the ear, but the meditating on it, which is the digestion of it in the mind which makes it nourish...It is meditation which makes a Christian!”*

These three reasons for meditation all have to do with personal benefits of meditation. Watson does mention another reason why we should meditate; to not do so is to \_\_\_\_\_ God. He writes, *“If a man lets a thing lie aside, and never minds it, it is a sign he slights it. God’s Word is the book of life. Not to meditate in it is to undervalue it. If a king puts forth an edict or proclamation, and the subjects never mind it, it is a slighting of the king’s authority. God puts forth His law as a royal edict, if we do not meditate on it, it is slighting His authority, and contempt done to the divine majesty!”*

If meditation is so vital to a lively Christianity, why is it that so few meditate? In our day, a big reason for the neglect of meditation is \_\_\_\_\_. Many ministers are ignorant of the importance of biblical meditation; therefore, they do not stress the importance of it in their preaching/teaching. Watson gives two other reasons why meditation is so rare:

1. **We fill our \_\_\_\_\_ with other things-** *“We have many who have Bible ears, they are swift to hear, but slow to meditate. This duty is grown almost out of fashion. People are so much in the shop that they are seldom on the Mount with God. Where is the meditating, Christian?”*
2. **The \_\_\_\_\_ seeks to keep us from it-** *“The devil is the enemy to meditation. He cares not how much people read and hear. He knows that meditation is a means to compose the heart and bring it into a gracious frame. Satan is content that you should be hearing and praying Christians, just so long as you are not meditating Christians.”*

Desiring to correct the erring saint who does not meditate, Watson closes this chapter by showing how people are \_\_\_\_\_ meditating on other things but rarely on the truths declared in God’s Word. He writes, *“There are many who let out their meditations upon other fruitless things which are in no way beneficial to their souls.”*

**Example 1- The \_\_\_\_\_ -** *“The farmer meditates on his acres of land, not upon his soul. His meditation is how he may improve a barren piece of ground, not how he may improve a barren mind. He will not let his ground lie fallow, but he lets his heart lie fallow. There is not spiritual culture, not one seed of grace sown there.”*

**Example 2- The \_\_\_\_\_ -** *“The physician meditates upon his remedies, but seldom on those remedies which the gospel prescribes for his salvation, faith and repentance. Commonly the devil is physician to the physician, having given him such stupefying drug, that for the most part he dies of lethargy.”*

**Example 3- The \_\_\_\_\_ -** *“The lawyer meditates upon the common law, but as for God’s law he seldom meditates in it either day or night. The lawyer while he is meditating on his client’s evidences, often forgets his own.”*

**Example 4- The \_\_\_\_\_ -** *“The tradesman is for the most part meditating upon his wares. His study is how he may increase his estate and make the ten talents into a hundred...He does not meditate in the book of God’s book, but in his account-book day and night. In the long run you will see these were fruitless meditations, you will find that you are but golden beggars and have gotten but the fool’s purchase when you die (Luke 12:20).”*

There are so many things that we meditate upon instead of God’s Word. Everyone meditates. The issue for the Christian is to intentionally take time to force yourself to meditate upon divine truth. Everything in you and around you will fight against this, but you must understand the \_\_\_\_\_ of meditation in the Christian life. Those who choose to not meditate upon divine truth (God’s Word) only \_\_\_\_\_ themselves. Watson concludes this chapter by writing, *“The sinner is a felon to himself, and God will make him a terror to himself.”*