

Christian Meditation

Lesson 11-Types, Time, and Length

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.”*

There are two different types of meditation. Biblical meditation can happen _____, and it can be _____.

Type 1-_____ Meditation

“Occasional meditations, such as are taken up on any sudden occasion. There is nothing almost which occurs but we may presently raise some meditation upon. As a good herbalist extracts the spirits and quintessence out of every herb, so a Christian may extract matter of meditation, from every occurrence. A gracious heart, like fire, turns all objects into fuel for meditation.”

Watson then lists a plethora of everyday activities that can be used to catapult the thoughts

_____.

- 1. Looking up at the _____ night sky-** *“When you look up to the heavens and see them richly embroidered with light, you may raise this meditation. If the footstool is so glorious, what is the throne where God Himself sits! When you see the skies bespangled with stars, think, what is Christ The Bright Morning Star!”*
- 2. Getting _____ in the morning-** *“When you are dressing yourselves in the morning, awaken your meditation, think thus: but have I been dressing the hidden man of the heart?...I have put on my clothes, but have I put on Christ? It is reported of one who said that seeing a gentlewoman dressing herself all the morning by her mirror, he fell a-weeping: ‘O says he, this woman has spent the morning in dressing her body, and I sometimes spend scarcely an hour in dressing my soul!’”*
- 3. Sitting down to _____ -** *“When you sit down to dinner, let your meditation feed upon this first course: ‘How blessed are those who shall eat bread in the kingdom of God! What a royal feast will that be, which God prepares! What a love-feast will that be, where none shall be admitted but friends.’”*
- 4. When you go to _____ at night-** *“When you go to bed at night, imagine thus, ‘Shortly I shall put off the earthly clothes of my body, and make my bed in the grave!’”*
- 5. When you see a _____ -** *“When you see a poor man going on the streets, raise this meditation, ‘Here is a walking picture of Christ!’ He had no place where to lay His head (Matt. 8:10). ‘My Savior became poor, that I through His poverty might be made rich!’”*
- 6. When you get ready to go to _____ -** *“When you go to church, think thus: ‘I am now going to hear God speak, let me not stop my ear. If I refuse to hear Him speaking in His Word, I shall next hear Him speaking in His wrath’ (Ps. 2:5).”*

7. **Walking in _____** - *“When you walk abroad and see the plant bearing and the herb nourishing, think how pleasing a sight it is to God to see a thriving Christian.”*

8. **Tasting a _____** - *“When you eat a grape from the tree, think of Christ the true vine-how precious is the blood of that grape.”*

We should learn to think in a parabolic way-tying _____ common things to thoughts of _____ realities.

“It is said of Augustine that he was much in these extempore meditations. A gracious heart, like the philosopher’s magic stone, turns all into gold-he has heavenly meditations from earthly occurrences. The skilled chemist, when several metals are mingled together, can by his skill extract the gold and silver from the baser metals. Just so, a Christian, by a divine chemistry, can extract golden meditations from the various earthly objects he beholds!”

Type 2- _____ Meditations

“Be exhorted to deliberate meditations, which are the chief. Set some time apart every day, that you may in a serious and solemn manner converse with God in the mount.”

Best _____ for Meditation

“For the timing of it, it is hard to prescribe because of men’s various callings and employments. But if I may freely speak my thoughts, the morning is the fittest time for meditation. The best time to converse with God is when we may be most in private.”

“It is with receiving thoughts into the mind, as it is with receiving guests into an inn-the first guests which come, will get the best rooms in the house...He who loses his heart in the morning, in the world, will hardly find it again all the day after.”

“O Christians, let God have your morning meditations. He takes it in disdain to have the world served before Him. Suppose a king and a criminal were to dine in the same room and to sit at two tables. If the criminal would have his food brought up and served first, the king might take it in high disdain and look upon it as a contempt done to his person. When the world is served first, all our morning thoughts attending it and the Lord shall be put off with the dregs of the day, when our thoughts begin to run low. Is not this a contempt done to the glory of God!”

How _____ for Meditation

“If we consider how long the world has, it is fit that we give God at least one-half hour every day. I shall only say this for a general rule-meditate so long until you find your heart grow warm in this duty. If a man is cold, you ask how long he should stand by the fire? Surely until he be thoroughly warm and made fit for his work...Now stand by the fire of meditation until you find your affections warmed and you are made fit for spiritual service...Let this be a Christians resolution, not to leave off his meditations of God until he finds something of God in him.”