

Christian Meditation

Lesson 13-Motivations to 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.”*

Watson has told us of the benefits of meditation now he is going to seek to further _____ our _____ by providing us with several different motivations for meditation.

“Meditation is a friend to all the graces; it helps to water the plantation...By meditation the spirits are raised and heightened to a kind of angelic frame. Meditation sweetly puts us in heaven before we arrive there.”

“Meditation is the saints’ looking glass by which they see things invisible. Meditation is the golden ladder by which they ascend to paradise. Meditation is the spy they send abroad to search the land of promise, and it brings a cluster of the grapes of Eshcol with it. Meditation is the dove they send out, and it brings an olive branch of peace in its mouth. But who can tell how sweet honey is, save they that taste it? The excellency of meditation I leave to experienced Christians, who will say the comfort of it may be better felt than expressed.”

Watson lists 7 divine motivations to meditate:

1. Meditations reveals what _____ of person we really are

“By this he may take a measure of his heart, whether it be good or bad...As the meditation is, such is the man. Meditation is the touchstone of a Christian, it shows what metal he is made of. Meditation is a spiritual index. The index shows what is in the book, so meditation shows what is in the heart. If all a man’s meditations are how he may get power against sin, how he may grow in grace, how he may have more communion with God; this shows what is in his heart, the frame of his heart is spiritual. By the beating of this pulse, judge of the health of your soul.”

2. Meditation brings _____ to your heart

“The thoughts of God, as they bring delight with them, so they leave peace behind them. Those are the best hours which are spent with God...it will not grieve us when we come to die that we have spent our time in holy soliloquies and meditations...This duty of meditation being neglected, the heart will run wild, it will not be a vineyard, but a wilderness.”

3. Meditation keeps your _____ is a state of _____ spiritual health

“It plucks up the weeds of sin, it prunes the wasteful branches, it waters the flowers of grace, it sweeps all the walks in the heart, that Christ may walk there with delight. For lack of holy meditation, the heart lies like the sluggard’s field (Proverbs 24:31), all overgrown with thorns and briars-with unclean, earthly thoughts. It is rather the devil’s hog sty, than Christ’s garden. It is like a house fallen to ruin, fit only for unclean spirits to inhabit.”

4. Meditation shows how fruitless _____ meditations are

“Fruitless are those meditations which do not center upon God.”

Meditations on worldly things will give no _____ when _____ is needed most. Discussing those who wasted all their time meditating on worldly things Waston writes, *“So it will be with that man when he comes to die, who has spent all his meditations upon the world. He will say, ‘What have I lost! I have lost heaven. I have betrayed my soul!’ And should not the consideration of this fix our minds upon the thoughts of God and glory? All other meditations are fruitless, like a piece of ground which has much cost laid out upon it, but it yields no crop.”*

5. Meditation is never _____

“God has a pen to write down all our good thoughts: ‘A book of remembrance was written before Him of those who feared the Lord and esteemed His name’ (Malachi 3:16). God has all our meditations written in His book. God pens our closest devotion.”

6. Meditation is _____

“Say not it is hard to meditate. It brings much blessedness. If ungodly men can meditate with delight on that which will make them cursed, shall not we meditate on that which will make us blessed?”

7. Meditation is _____

“Delightful meditation in God’s law is the best way for a man to prosper in his estate. ‘This Book of the Law shall not depart from your mouth but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success’ (Joshua 1:8). I leave this to their consideration who are desirous to thrive in the world; and let this serve for a motive to meditation.”