

Christian Meditation

Lesson 14-Review & Rules for Meditation

We have learned much about biblical meditation from one who has gone before us on pilgrimage. For our own benefit let us review:

Chapter 1: What is meditation?

“Meditation is the soul’s retiring of itself, that by a serious and solemn thinking upon God, the heart may be raised up to heavenly _____.”

Chapter 2: What kind of things should we meditate upon?

“The _____ of God are the several beams by which the divine nature shines forth to us...”

“Mercy is the innate disposition in God to do good...Meditation on God’s mercy would _____ a sinner into tears.”

“Meditation on these promises (the promises of God) will be as choice cordials to keep us from _____ under our sins and sorrows.”

Chapter 3: Is there really a need to meditate?

“It is not enough to carry God’s book about us, but we must _____ on it...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.”

Chapter 4: A Holy Persuasive to Meditation

“If ever there were a duty, I would press upon you with more earnestness and zeal, it would be this, because so much of the vitals and _____ of religion lies in it.”

“Let not the _____ discourage. The pleasantness will infinitely countervails the pains.”

Chapter 5: Concerning Meditations

“There are _____ sorts of meditation which I would persuade to. First, occasional, and second, deliberate.”

Chapter 6: The Usefulness of Meditation

“I know not any duty that brings in _____ income and revenue than this.”

“_____ knowledge without meditation, makes us no better than devils.”

Chapter 7: The Excellency of Meditation

“Meditation is a friend to all the graces; it helps to water the planation...Meditation sweetly puts us in _____ before we arrive there.”

Chapter 8: Six Rules for Meditation

Rule 1: When you go to meditate-Be very _____

“Let there be a deep impression upon your soul.... When you are at the work of meditation, remember you are now to deal with God.”

“Think with yourself, O Christian, when you are going to meditate, that you are now to deal with Him in private-before whom the angels adore, and the devils tremble! Think with yourself, that you are now in His presence before whom you must shortly stand and all the world with you to receive their everlasting sentence.”

“When you are going to meditate, you are going to the greatest work in the world!”

Rule 2: _____ before you meditate

“Reading furnishes the mind with matter. Reading is the oil which feeds the lamp of meditation....naturally, the mind is defiled, and will be minting thoughts; and how many untruths does it mint! Therefore, first read in the book of the Law and then meditate. Be sure your meditations are grounded in Scripture...Be sure you read before you meditate, that you may say, ‘It is written!’”

“Observe this rule. Let reading usher in meditation. Reading without meditation is unfruitful! Meditation without reading is dangerous!”

Rule 3: Do not meditate on a lot of _____ things at once

“Too much variety distracts. One truth driven by meditation will most greatly affect the heart.”

Rule 4: Join personal _____ with meditation

“For lack of this examination, meditation evaporates and comes to nothing. For lack of examination while in meditation, many are strangers to their own hearts. Though they live known to others, they die unknown to themselves.”

Rule 5: Seal up meditations with _____

“Prayer sanctifies everything...So, let us pray, that when we have been musing on heavenly things, and our hearts have waxed hot within us, we may not cool into a sinful tepidness and lukewarmness, but that our affections may be as the lamp of the sanctuary-always burning.”

Rule 6: Put your meditations into _____

“Live out your meditations...the end of meditation is action...Rachel said to her husband: ‘Give me children or I die’ (Gen. 30:1). So, if meditation is barren, and does not bring forth the child of obedience, it will die and come to nothing.”

“Meditation without practice will increase a man’s condemnation...When you have meditated upon the evil of sin, and the beauty of holiness, yet we do not eschew the one and espouse the other, it will but incense the divine majesty so much the more against us, and we shall ‘be beaten with many stripes.’”