

32 CHRISTIAN MEDITATION IS COMMUNION WITH GOD

INTRODUCTION: Meditation, like prayer, is an essential Christian practice as illustrated in this list of 22 passages. Depriving ourselves of meditation on God's Word, is like depriving ourselves of oxygen. Meditation is intimate communion and participation in the Divine Life. It does not require a special posture, special time or place. Instead of "wandering in the wilderness" of automatic thought, we dwell in the riches of the Kingdom of God through meditation on God's Word.

A. Bible Passages on Meditation:

1. Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Phil. 4:8
2. Isaac went out to meditate in the field at the evening. Gen. 24:62
3. This book of the law [teachings] shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe to do according to all that is written therein... Josh. 1:8-9
4. Blessed is the man who walks not in the counsel of the wicked, nor stand in the way of sinners, nor sit in the seat of scoffers; but his delight is in Yahweh's law [teachings]. On his law he meditates day and night. Ps 1:1-2
5. Give ear to my words, Yahweh. Consider my meditation. Listen to the voice of my cry, my King and my God; for to you do I pray. Yahweh, in the morning you shall hear my voice. In the morning I will lay my requests before you, and will watch expectantly. Ps. 5:1-3
6. Let the words of my mouth and the meditation of my heart be acceptable in your sight, Yahweh, my rock, and my redeemer. Ps 19:14.
7. I was mute with silence. I held my peace, even from good. My sorrow was stirred. My heart was hot within me. While I meditated, the fire burned: I spoke with my tongue:
"Yahweh, show me my end, what is the measure of my days. Let me know how frail I am. Ps. 39:2-4
8. My mouth shall speak wisdom, And the meditation of my heart shall give understanding. Ps. 49:3
9. When I remember you on my bed, I meditate on you in the night watches. Because You have been my help, therefore, in the shadow of your wings I will rejoice. My soul follows close behind you; your right hand upholds me. Ps. 63:6-8
10. I will remember Yah's deeds; for I will remember your wonders of old. I will also meditate on all your work, and consider your doings. Ps. 77:11-14
11. I will sing to Yahweh as long as I live. I will sing praise to my God while I have any being. Let your meditation be sweet to him. I will rejoice in Yahweh. Ps. 104:33-34
12. I will meditate on your precepts [teachings], and consider your ways. I will delight myself in your statutes [teachings]. I will not forget your word. Ps. 119:15-16
13. Though princes sit and slander me, your servant will meditate on your statutes [teachings]. Indeed your statutes are my delight, and my counselors. Ps. 119:23-24
14. My soul is laid low in the dust. Revive me according to your word! I declared my ways, and you answered me. Teach me your statutes. Let me understand the teaching of your precepts! Then I will meditate on your wondrous works. Ps. 119:25-27
15. I will delight myself in your commandments [teachings], because I love them. I reach out my hands for your commandments, which I love. I will meditate on your statutes [teachings]. Ps. 119:47-48
16. Let your tender mercies come to me, that I may live; for your law [teaching] is my delight. Let the proud be disappointed, for they have overthrown me wrongfully. I will meditate on your precepts. Ps. 119:77-78
17. I am yours. Save me, for I have sought your precepts [teachings]. The wicked have waited for me, to destroy me. I will diligently consider your statutes [teachings]. Ps. 119:94-95
18. I have seen a limit to all perfection, but your commands [teachings] are boundless. How I love your law [teachings]! It is my meditation all day. Ps. 119:94-97
19. Your commandments [teachings] make me wiser than my enemies, for your commandments are always with me. I have more understanding than all my teachers, for your testimonies are my meditation. Ps. 119:98-99
20. I rise before dawn and cry for help. I put my hope in your words. My eyes stay open through the night watches, that I might meditate on your word. Ps. 119:147-148
21. I remember the days of old. I meditate on all your doings. I contemplate the work of your hands. Ps. 143:5
22. Of the glorious majesty of your honor, of your wondrous works, I will meditate. Ps. 145:5

B. We attune ourselves to the reception of truth by asking for wisdom and realizing it is not something we “do” ourselves. We assume a listening attitude to the scripture we desire to acquire. This is not “positive thinking”, but allowing our hearts to be permeated by Biblical truth.

1. “If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him.” James. 1:5
2. “It is your Father's good pleasure to give you the Kingdom.” Luke 12:32
3. “God resists the proud, but gives grace to the humble.” James. 4:6
4. “Draw near to God, and he will draw near to you.” James 4:8
5. “My flesh and my heart fails, but God is the strength of my heart and my portion forever.” Ps. 73:26
6. “For it is God who works in you both to will and to work, for his good pleasure.” Phil 2:13

C. We become imitators of Christ and allow the Father to do His work in us.

1. “The Father who lives in me does his works.” John 14:10
2. “I can of myself do nothing.” Jn 5:30
3. For I have come... not to do my own will, but the will of him who sent [made] me. Jn. 6:38 (interpolation)
4. “Not my will, but yours, be done.” Lk 22:42. (i.e. I want what You want.)

D. Perhaps we are so distraught, we cannot even think of scripture. We “give up” and throw ourselves on the mercy of God and wait on Him. We now are in a condition to be more fully joined with our Creator. We have rightly come to the end of ourselves.

1. “Those who wait upon the LORD shall renew their strength.” Is. 40:31
2. “My flesh and my heart fails, but God is the strength of my heart and my portion forever.” Ps. 73:26
3. “But the tax collector, standing far away, wouldn't even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.” Luke 18:13-14

E. Although the actual word “meditation” is not used in the following scriptures, we understand that these truths, and many others like them, call for meditation.

1. “Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.” Rom. 12:2
2. “Remain in me, and I in you.” John 15:4-5
3. “Even as the Father has loved me, I also have loved you. Remain in my love ...that my joy may remain in you, and that your joy may be made full.” John 15: 9-10
4. “For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood lives in me, and I in him. As the living Father sent me, and I live because of the Father; so he who feeds on me, he will also live because of me.” John 6:55-57 (“Flesh” and “blood” is not meant in a fleshly sense nor is it a reference to wine and bread, but to spiritual sustenance.)
5. “In everything give thanks, for this is the will of God in Christ Jesus toward you.” I Thess. 5:18

F. When permeated with Truth, we participate consciously in the Divine Life—communion with our Creator. This, to us, is what it means to be “created in the image of God.”

1. “God...made us alive together with Christ...and raised us up with him, and made us to sit with him in the heavenly places in Christ Jesus.” Eph. 2:4-6. (Heaven is not “up there” but “right here”.)
2. “For he has said, ‘I will in no way leave you, neither will I in any way forsake you.’” Heb. 13:5
3. “But he who is joined to the Lord is one spirit.” I Cor. 6:17
4. “For you died, and your life is hidden with Christ in God.” Col 3:3
5. “He has granted to us his precious and exceedingly great promises; that through these you may become partakers in the divine nature.” II Peter 1:4
6. “That Christ may dwell in your hearts through faith...being rooted and grounded in love, may be strengthened to comprehend with all the saints what is the breadth and length and height and depth and to know Christ's love which surpasses knowledge, that you may be filled with all the fullness of God.” Eph. 3:19