

## Meditation And Its Value

Most of us have a mental image of a person sitting alone on a secluded spot with their palms facing upward, a finger pressed against the thumb, and them humming, when we hear the word "meditation." Perhaps such an image comes from the movies or from some flower child from the 1960's. However, the Bible does speak of meditation and its value. We want to look at meditation; what it is, what we are to meditate on, and its value to us.

Supposedly meditation is designed to make one more aware of themselves. Self-awareness, or self-discovery is how it is described. To find one's self, whatever that means, is the highest goal of mankind. This is problematic since the one with questions is looking to themselves for the answers! If we want to know our purpose in life, why we are here, and how to be happy, etc. then we look to another source for the answers.

It is true, meditation means to give thought to, to have deep thoughts, and to reason things out. There are various words in the Bible translated as meditate but what are we to meditate upon? The answer is always revealed in the Bible. The problem with looking inward to find the answers is to neglect God's word.

We are to think about who God is and our relationship with Him. "Then those who feared the LORD spoke to one another, And the LORD listened and heard them; so a book of remembrance was written before Him For those who fear the LORD And who meditate on His name." (Malachi 3:16) Passage after passages tell us who God is; He is the Creator of everything which exist (Genesis 1 &2) and every good gift, every blessing we receive comes from Him, (James 1:17). Solomon said the purpose of man is to fear God and keep His commandments, (Ecclesiastes 12:13). Therefore, God is all powerful, all knowing, ever present, as described in Psalms 139. More than that, our relationship with God is determined by our relationship in the Christ, the Son of God. John used the word fellowship in His writing to tie this together, "that which we have seen and heard we declare to you, that you also may have

fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ." (1 John 1:3)

We need to meditate upon God's work in the Old and New Testament. "I will also meditate on all Your work, and talk of Your deeds." (Psalms 77:12) In the Bible we read of God's plan of redemption for mankind in Genesis 3. The seed of woman who would crush the head of Satan. The rest of the Old Testament identifies who this "seed of woman" would be and what He would do. The New Testament tells us of His coming, His life, His death, and His resurrection. All of this included in the works and deeds of God.

In short, we need to think deeply upon God's word. "I will meditate on Your precepts, and contemplate Your ways." (Psalms 119:15). We need to spend time with an open Bible as we read, reread God's word and think of what it is telling you and me.

So, what is the "value" of such deep thinking? It will firmly entrench God's word in our mind. Ignorance of God's word is rampant and growing worse. We need to become better Bible students by looking at the context of passages, properly defining words, knowing who is speaking and who they are speaking to. Those famous who, what, when, where, why, and how questions need to be answered.

It makes us grow spiritually. Luke 8.11 says the seed is the word of God. Seed must be planted and cultivated for it to grow. The weeds must be removed, water must be added, and time will provide the opportunity for growth. Such is described in 1 Peter 2.1-3, "Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby, if indeed you have tasted that the Lord is gracious."

Such will make us stronger, more mature, and even help us in our prayers. "Brethren, my heart's desire and prayer to God for Israel is that they may be saved." (Romans 10:1). We will know better how to pray with the will of God, what and who to pray for.

Take some time to slow down find a quiet place, turn off the outside noise, and open your Bible. Have some deep thoughts upon God, His word, and our relationship with Him. You might be surprised it how it will change your thoughts and life. – Dennis Tucker