

Introduction:

Psalms 1 speaks of the person who dwells on the word of God. Various passages speak of "meditating". What do you think of when you hear of someone meditating? A person sitting on the floor with his palms facing upward and humming. Perhaps it is someone "seeking to discover themselves" whatever that means. We want to look at what it means to mediate, what we are to be meditating on, and why we meditate.

I) Various Words Translated as Meditate

A) Old Testament

1. Suwach -- to muse on a matter, *Genesis 24.63*
2. Siyach - to ponder, to talk to one's self. *Ps. 145.5*
3. Hagah- to murmur as to ponder.
 - a. ISBE - to have a deep tone, as in to think deep thoughts. *Ps. 49.3*
4. Higgayown- to make a whisper sound.
 - a. In reference to meditation through music. *Ps. 19.14*
5. Chazah -to contemplate a mental image, to see something in your mind. *Ps. 24.32*

B) New Testament

1. Meletao- to resolve a matter in your mind. *1 Timothy 4.15*
2. Logizomai - to take inventory, to reason a matter to a conclusion. *Phil. 4.8.*

C) Commonality of all these words

1. There are things we need to think on and we decide what we will think about.
2. Time needs to be spent in deep thought. Problem of our daily world is we get too busy to slowdown and have deep thoughts.
3. What the world gets wrong is what we are to meditate on.
 - a. People are trying to find answers within themselves. Self-awareness and finding one's self.
 - b. We have to look outside ourselves to find the answers we are seeking.

II) What We Are To Meditate Upon

A) On God and Our Relationship to Him. *Malachi 3.16*

1. Who is God? He is eternal, all knowing, all powerful, ever present.
2. He is our Creator and Sustainer, every good gift and blessing comes from Him. *James. 1.17*
3. We are His people. In Christ we have fellowship with Him. *1 John 1.3*
4. Unfortunately a lot of people do not give much thought to God. They are too busy, too worldly, or ignorant of Him as the Gentiles in *Romans 1*

B) On God's Work

1. *Ps. 77.11-12* all His work and deeds. Everything God has done.

2. *Ps. 119.27* we need to think upon what God has done, what God is doing now, and what God will do in the future.

C) On God's Word, *Ps. 119.15*,

1. We are to place God's word in our hearts, to consider the ways of God.
2. To rightly divide the word of God, *2 Timothy 2.15*.

III) Why?

A) To Firmly Entrench God's word in our mind.

1. I am not big on memorization but we need to dwell upon His word.
2. Read a passage and give it some thought during the day.
3. If you don't know a word or the context, spend sometime on research. Look up definitions, the setting, those famous who, what, where, when, why, and how.

B) For personal growth

1. God's word is the seed, *Luke 8.11*
2. To obey the Gospel one must allow that seed (word) to enter into your mind.
3. To continue to grow afterward one must still have that seed (word) in your mind.
4. Peter expresses it in *1 Peter 2.1-3*.
 - a. Take those bad thoughts out of our mind.
 - b. Replace them with the word of God.

C) To help you in your prayers

1. What is prayer? *Romans 10.1*
2. When we meditate, we know what to ask for, what to be thankful for, and who to ask for. Petitions and supplication are two words often connected with prayer.

D) Only by the word of God can we know the answers to life.

Conclusion:

Take some time to slowdown, get in a quiet place for a few minutes, read a passage or two, and have some deep thoughts. You might be surprised how it will help you the rest of the day.