



**2020 Focus:                      GOD Sight is 2020**

## **The Inward Disciplines: The Discipline of Meditation**

- “True contemplation is not a psychological trick but a theological grace.” ~*Thomas Merton (Trappist Monk)*
- In contemporary society, our adversary majors in three things: noise, hurry, and crowds.
- “Hurry is not of the Devil, it is the Devil.” ~*Carl Jung (Psychiatrist)*
- The Bible uses two different Hebrew words (“hä·gä” and “sü·akh”) to convey the idea of meditation, and together they are used some fifty-eight times.
- The Bible’s words for meditation have various meanings: listening to God’s word, reflecting on God’s works, rehearsing God’s deeds, ruminating on God’s law, and more. (This distinguishes Christian meditation from its Eastern and secular counterparts).
- In every case of meditation being used in the Bible, there is a stress upon changed behavior as a result of our encounter with the living God. (See **Psalm 119:97, 101, & 102**)
- Repentance and obedience are essential features in any biblical understanding of meditation.

### **Biblical Witnesses:**

- **Isaac                      (Genesis 24:63)**
- **David                     (Psalm 63:6)**
- **Eli                        (1 Samuel 3:1-18)**
- **Elijah                    (1 Kings 19:9-18)**
- **Isaiah                    (Isaiah 6:1-8)**
- **Jeremiah                (Jeremiah 20:9)**
- **Jesus                     (Matthew 14:13)**

## I. The Purpose of Meditation

- A. For our hearts to become His sanctuary Revelation 3:20
- B. For Him to transform our inner personality Romans 14:17
- C. For our desires and aspirations to be conformed to His way

## II. The Preparation for Meditation

- A. Set aside time for meditation
- B. Set aside a place for meditation
- C. Set aside a position for meditation

## III. The Plans of Meditation

- A. The plan of meditation on scripture (which is different from the study of scripture)
- B. The plan of releasing and receiving
- C. The plan of meditation upon creation