



## Giving Oneself to Studying and Meditating

### Lesson # 3: On What Do We Meditate?

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.

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#### Learning Objectives:

1. Each student will search the scriptures to gain an understanding of what we should meditate on as Christians.
2. Each student will consider thoughts, ideas, concepts that Christians should not meditate on.
3. The student will take a personal look at his or her thoughts.

#### On what do we Meditate?...

Upon initial consideration of this topic, the answer or the response seems obvious. We all should meditate on the Word of God. We have already established the fact that meditation is the deliberate act of focusing the mind deeply on one thing for a lengthy period of time. It is also the emptying of the mind of all thoughts and distractions and, for the Christian, the filling of it with the Word of God. In addition to this, the Bible gives specific instructions and examples of what to meditate on. The Psalmist records his intentions to meditate on God's law, His precepts, God's works and His statutes. Paul, in Philipians chapter 4, tells us to think about pure, lovely, virtuous things.

## First: Our Meditation should be pleasing unto God

Whatever the focus of our meditation or the focus of our minds, it should be pleasing unto God. God is all knowing (omniscient) and everywhere at anytime (omnipresent). He knows each of us personally and even better than we know ourselves. There is nothing that escapes His eyes, nor anything that escapes His ears (1<sup>st</sup> Peter 3:12, 2<sup>nd</sup> Chronicles 16:9, Job 28:10, Isaiah 59:1). Therefore, we must govern ourselves and our minds accordingly (Psalm 104:34, Psalm 19:14).



### I. The Word of God

**Colossians 3:16-** *'Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.'*

#### **What exactly does the Word of God mean to us?**

God's Word, the Bible, is the manual for Christian living. It has been for thousands of years and will be as long as life on earth exists. It will continue to exist even after this earth as we know it, has passed away (Luke 21:33). The Psalmist, David, understood that obeying God's word was of utmost importance if he was to please Him. It is easy to see why he acknowledged that he was prepared to meditate on it day and night, that he was going to delight in it and that he was going to not let it depart from him by hiding it in his heart (Psalm 1:1-2, Psalm 119:11)

To him, it was **law**: Psalm 1:2, (Torah)

It was **precept**: Psalm 119:15, 23, (Piquwd)

It was **statute**: Psalm 119:48 (Choq)

**Law**: Webster's dictionary defines a *Law* as a rule of action or conduct established by authority, society, or custom. It defines a *precept* as a general rule of conduct or procedure. Finally, it defines a *statute* as a law enacted by the legislative assembly of a nation or state.

**Law > Torah**: (Hebrew-8451) a noun meaning instruction, doctrine, precept, regulation, or a direction, statute, command. The essential meaning is "teaching".

**Precept**> **Piqquwd**: (Hebrew-6490) a mandate, commandment or statute.

**Statute**> **Choq**: (Hebrew-2706) appointment, commandment, custom, decree, law.

### The Word of God Is:

**Truth**: John 17:17, Ephesians 1:13, 2<sup>nd</sup> Timothy 2:15, James 1:18

**Powerful**: Matthew 4:4, Matthew 8:8, Hebrews 1:3, Hebrews 4:12, Hebrews 11:3, 2<sup>nd</sup> Peter 3:5-7

**Jesus Christ**: John 1:1-4, 14. (Christ is the living Word)

**The way to freedom from sin**: John 8:32, John 14:6

**Eternal**: Matthew 24:35, John 6:68

**Spirit and Life**: Matthew 6:63, Philippians 2:16

**Guidance**: Psalm 119:105, Proverbs 6:23



## II. The Works of God

The Psalmist records in Psalm 143:5 that he would meditate on the awesome works of God. He declares that '*... I meditate on all thy works; I muse on the work of thy hands*'. In Psalm 77:12, he states that he would not only meditate on all the works of God but that he would also talk of all His doings.

In Psalm 143: 1-4, David calls on the lord for mercy and relief. He desired that God not judge him. He mentions that he was attacked and persecuted by the enemy and the enemy had driven him into darkness, so much that he might as well have been dead. His spirit grew weak from this oppression and he felt lonely. Yet, he mustered up confidence when he remembered the 'former days', and he meditated on the works of

God and the works of His hands. His faith was rekindled and his spirit strengthened. His confidence led to his petition for deliverance (Psalm 143: 5-8)

He described the works of God as wondrous and marvelous (Psalm 105: 5), as things done beyond the bounds of human powers and expectations. For example, we witness God's mighty power and His works when we consider how he freed the people of Israel from Egyptian bondage (Exodus 3:20). We can even consider the creation of this world and even the miraculous works that Jesus Christ had done while here on earth. This same God has found us valuable and has purchased us with the blood of his only begotten Son. Now, we are privileged enough to call God '*Father*', (Matthew 23:9, Galatians 4:4-7, 1<sup>st</sup> John 3:1-3) and we have access to His mercies, His grace and His blessings (Luke 12:22-34).

We can meditate on the fact that God is able. He is able to keep us from falling (Jude 1:24), and is able to do immeasurably and exceeding abundantly more than all we ask or imagine (Ephesians 3:20).



### **III. Worthy Thoughts**

The apostle Paul is thought to have written to the saints at Philippi, during his first Roman imprisonment. In chapter 2 of his letter, he encourages them to be not only like minded (v. 2) but to also have the mind of Christ. Later in chapter 4, he gives instructions to think or to meditate on subjects of worth and value. In verse 8 he declares, "*Finally, brethren, whatsoever things are true, whatsoever things are honest, what so ever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" Six items are mentioned as objects of a wholesome thought life. He prefaces each with the word 'whatever'. In the Greek, '*whatever*' is plural, which suggests that several things could be included under each heading mentioned.

#### **Words in context:**

**True:** **alethe:** the opposite of that which is dishonest or unreliable.  
(Ephesians 4:15, 25)

**Noble/Honest: semnos:** whatever is dignified and worthy of respect, honorable. (1<sup>st</sup> Timothy 3:8, 11, Titus2:2)

**Just/Right: dikaios:** conformity to God's standards. (John 7:24)

**Pure: hagna:** what is wholesome and not mixed with moral impurity.

**Lovely: prospile:** speaks of what promotes peace rather than conflict.

**Good report: euphema:** well spoken, reputable, admirable, whatever is positive and constructive rather than negative and destructive.

#### **IV. What NOT to Meditate on**

The book of James clearly explains how premeditated sinning and how sinning in general comes about. In verses 13-15 of chapter 1, we see that we are tempted when we are drawn away of our own lust and are enticed. This lust or this desire is first generated in our mind. When this lust has conceived, it brings forth sin and sin, when it is finished brings forth death. Christ explains in the book of Luke chapter 6 and verse 45 that evil acts are a result of an evil heart or an evil mind. This concept is echoed when Christ explains that it is possible to commit adultery with a woman in ones heart by looking at her and lusting after her (Matthew 5:28).

Let us be careful to note that you can think about evil and not commit a particular act that is evil. For example, you can think about lying as a sinful, shameful act that God is displeased with (Proverbs 6:16-17). However, when we think of what lie we should tell to get ourselves out of trouble or to ensure that we might receive some undeserved benefit; this is the type of meditation that we should avoid.

Proverbs 6:18 speaks of a heart or a mind that deviseth wicked imaginations and feet that are swift in running to mischief. In other words, this mind that plots and makes plans to do that which is evil displeases God. In the book of Genesis chapter 6, verses 5-7, we see that man's mind and his imagination were fixed upon that which was evil continually and this made God sorrowful because he had created man.

Also see:

Proverbs 15: 28

1<sup>st</sup> Thessalonians 5:22

## V. Self Reflection Assignment...



Within 5 minutes, make a list of the blessings (the works of God) that you have received this year thus far. [If you need further time in preparing this list you may take it]. After compiling your list, meditate on those things for at least 10-15 minutes. If you wish to meditate for a longer period of time you may. Consider your feelings, your state of mind and your attitude after you are finished. Remember to adhere to the principles of meditation already discussed in our lessons whenever possible.

### Memory verse...

Philippians 4: 8

*"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

### References...

1. The Holy Bible
2. The New Strong's exhaustive Concordance of the Bible
3. The Bible Knowledge Commentary by Cook Communications Ministries
4. Webster's II New Riverside Dictionary

### NOTES

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