



Giving Oneself to Studying and Meditating

Lesson # 4: When and Where to Meditate

Learning Objectives:

1. Each student will consider examples given in the Bible on when to meditate.
2. Each student will consider examples given in the Bible on where to meditate.
3. Each student will consider when and where he or she will mediate on God's Word.

When we described the '**Six Step Method**' of meditation we mentioned that *preparing your mind and your body* is the initial step that one should take when attempting to meditate. We highlighted the fact that most types of meditation have four common elements. A quiet location, the first common element, is vital to the practice of meditation. It becomes evident as we study the scriptures that **when** we meditate is an important factor that we must carefully consider as well.



When to Meditate

We as humans schedule specific times to carry out specific activities in our lives. From the beginning of time it was so. In the third chapter of the book of Ecclesiastes we learn that there is a season and a time to every purpose under heaven. Throughout the day we set aside time to have breakfast, to have lunch, to have very important meetings, to visit family members, etc. It is only fitting for us as Christians to have reserved time

scheduled for studying and meditation. By doing this we take a proactive and a deliberate approach to spending time with the Word of God. We may express the importance of the Word of God verbally as David did in Psalm 1:2, however, this importance must be manifested in our actions. Every student of the Word should have time set aside for studying and meditation. It should be apart of our daily routine.

In regards to meditation and time the scriptures highlight two important concepts.

1. **The Frequency:** for example *day and night* i.e. - all the time
2. **The Time of Day:** whether evening time, morning time or night time

I. Consider the Frequency or How often

Psalm 1:2 '*But his delight is in the law of the Lord; and in his law doth he meditate day and night.*'

Joshua 1:8 '*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*'

We can divide the 24hr cycle into two periods of time, day and night. This implies constant and continued meditation. When God instructed Joshua to meditate day and night, it displayed how important and valuable the book of the law was to God and how significant it should be to Joshua.

II. Consider the time of Day

Psalm 63:6 '*when I remember thee upon my bed, and meditate on thee in the night watches;*' KJV

'when I remember you upon my bed, and meditate on you in the watches of the night;' ESV

Genesis 24:63 "*And Isaac went out to meditate in the field at eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.*"

Psalms 119:148 *mine eyes prevent the night watches, that I might meditate in thy word.*

Christ explains in John 9:4 that he "...must work the works of him that sent [him], while it is day: the night cometh, when no man can work'. Daily activities, in general, decrease considerably as night time approaches. As individuals retreat to their homes at the end of the day, they also retreat into solitude and into time spent alone. It is plain to see why Isaac went into the field at eventide and why the Psalmist preferred the night watches to meditate. It meant less distraction, less noise and maximizing time spent alone with God.



Where to Meditate

The Bible gives a few examples of places that are appropriate for meditation. It mentions a **field** in Genesis 24:63. It mentions the **bed** in Psalm 63:6. In Matthew 6:6, Christ mentions that when we pray, we should enter into our **closets** and when we have shut the door, we can pray to the farther in secret who sees in secret and would reward us openly. The point here was that prayer was an act between an individual and God alone instead of what the Pharisees portrayed it to be. We too can consider meditation as an act between us and God alone. Therefore we should seek out places where we could spend time alone with God.

*Genesis 24:63 " And Isaac went out to meditate in the **field** at eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming."*

*Psalm 63:6 'When I remember thee upon my **bed**, and meditate on thee in the night watches: thinking of God through the night'*

What do these places have in common?

quiet, solitude, void of distractions, peaceful, comfortable etc.

Self Reflection Assignment



Think of when is the best time for you to meditate. Is it in the morning time as the sun rises? Or, is it late at night in your bed, during the night watches? Think of where is the best or most convenient place for you to meditate. Whenever the time, wherever the place, schedule 10-15 minutes (at least) each day to meditate on God's word. Remember James 1:22.

Memory verse...

Psalm 119: 148

" Mine eyes prevent the night watches, that I might meditate in thy word"

NOTES

Church of Christ
Georgia Avenue
Prepared by Antoine Johnson
ajonsun@hotmail.com

