

14 June 2015

## Meditate on the word of God (Pt 1 Meditate).

Introduction.

This is our first study on the word “meditate” in the Scriptures.

Three points are established from the Scriptures for this study.

1. May our spoken words and the meditation of our hearts be acceptable to God.
2. May we meditate day and night in the word of God.
3. May we remember the Lord, and meditate on Him in the night.

Meanings and or occurrences of key words

The word “meditate” occurs 14 times in Scripture, and only twice in the New Testament. The word “meditation” occurs 6 times, and each of these is in the book of Psalms.

According to the Oxford dictionary meditate means: “Plan mentally, design, exercise the mind in (esp. religious) contemplation (on, upon, subject).”

In the Hebrew there are three words translated “meditate”,

“Gahah” is also translated; to imagine, to mourn, to mutter, to roar, to speak, to study, to talk, and to utter.

“Suwach” is only translated “meditate”.

“Seyach” is also translated; to commune, to complain, to pray, to speak, to talk with.

In the Greek there is one word that is translated “meditate”: “meletao” which is also translated: imagine, and premeditate.

In summary: to “meditate” means to commune, and imagine. Both of which make sense, because we “commune with” our own heart (Ps.4: 4) and “imagine mischiefs” in our heart (Ps.140: 2).

Our three points in more detail.

1. May our spoken words and the meditation of our hearts be acceptable to God.

Supporting Verse.

Ps.19: 14 “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.”

Context and meaning of our verse.

\* Verse 1 talks about the work of God’s hands. Verse 7 the context changes to His law, otherwise known as statutes, commandments and judgments.

His law is perfect, converting the soul (sounds like the purpose Paul outlined in Rom.10: 17).

His statutes are right.

His commandments are pure (sounds like Ps.12: 6 & Prov.30: 5).

His judgments are true and righteous,

They (all the above) are more to be desired than gold (verse 10), His servants are warned by them, and His servants are rewarded in keeping them.

\* Verse 12 & 13 David is asking the Lord to keep him from presumptuous (arrogant) sins, let them not have dominion over him, if they do they will cause him to fall (see Prov.16: 18 & 1Tim.3: 6).

You cannot be upright before God if you are proud and arrogant, or think more of yourself than you ought, which suggests that such is the great transgression of verse 13. Then we have our verse: “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight”.

First we note that the words of our mouth are evil, our tongue is “a world of iniquity” (Jam.3: 6).

Second, that meditation takes place in our hearts (see also Is.33: 18), that is where man imagines good or evil (Zech.7: 10 & 8: 17). Hence why our words and the meditation of our hearts are to be acceptable in the sight of God.

Other scriptural support.

Lk.21: 14 “Settle [it] therefore in your hearts, not to meditate before what ye shall answer.”

Application of our verse today.

\* Our verse from Psalms is from the Old Testament and not directly supported in the New Testament. But given that God looks on the heart of man whether under the law (1Sam.16: 7), or in the church age (Rom.8: 27) it would seem reasonable that the meditations of our heart, the imaginations of our heart are just as important to God in every age.

### Illustration.

\* If we sit and listen to Mozart all day and then go to sleep at night, will our hearts be inclined to imagine good, or meditate on evil? If we listen to rock music all day, or watch R18 material, and then go to sleep at night, will our hearts be inclined to imagine good, or meditate on evil?

### Learning from our Illustration.

\* Let us answer the questions from our illustration from the Scriptures:

"When wisdom entereth into thine heart...understanding shall keep thee: To deliver thee from the way of the evil man" (Prov.2: 10-12a). "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." (1Cor.2: 9).

\* Therefore, what we imagine in our hearts will be what our ears hear, and what our eyes see whether it be good or evil. And for a believer who seeks to please God, to do what is acceptable in His sight, he is not only required to speak words that are acceptable to the Lord, but also to imagine, to meditate in his heart that which is acceptable to God.

### Challenge & or encouragement.

\* If you want to meditate on that which is pleasing to the Lord, then only allow your eyes and your ears to be exposed to that which is good, godly, and right. Otherwise, if we watch or listen to that which is evil, then we will, in the quietness of our homes, imagine, and meditate on evil, which is just as displeasing to the Lord as our tongue speaking evil. Let us all remember to ask the Lord for help to meditate on that which is acceptable to Him.

## 2. Believers meditate day and night in the word of God.

### Supporting Verse.

Ps.1: 2 "But his delight [is] in the law of the Lord; and in his law doth he meditate day and night."

### Context and meaning of our verse.

\* David begins the book of Psalms encouraging a man to **not** walk in the counsel of the ungodly, nor to stand in the way of sinners, nor sit in the seat of the scornful. In other words, do **not** spend all your time with the wicked, and do not seek their guidance on your journey.

Whereas, in verse 2 (our verse) David encourages a man to delight and meditate in His law.

### Other scriptural support

Ps.119:15, 23, 48, 78, 97, 99, 148 and Prov.4: 21.

### Application of our verse today.

\* Old Testament saints, or those in any age will all benefit from meditating on God's law (His word), because then the meditation of our hearts will be acceptable unto Him.

### Illustration.

\* Have you ever picked up the Qu'ran in English and read the words on the page? Have you ever read the Book of Mormon? I have had Muslims tell me that I should at least read the Qur'an before I criticise it. And I remember one day feeling compelled to write up the errors in the book of Mormon, but I did not want to read every word to find the errors, because I didn't want to have my heart meditate on words of man, so I asked God to show me where the errors were in the book of Mormon. I began turning the pages, and got to the book of Mormon and stopped at chapter 8 verse 12 which said: "And whoso receiveth this record, and shall not condemn it because of the imperfections which are in it...Behold, I am Moroni". The book of Mormon claims to be imperfect!

### Learning from our Illustration.

\* Why would anyone spend their life meditating on the words of a god that are imperfect words? Hence why our verse says: "But his delight is in the law of **the LORD**; and in **his law** doth he meditate". He doesn't meditate on the words of Baal, nor the words of Satan. So, before you consider obeying this instruction, first make sure you have **God's pure** words to meditate on, to read, that they may filter through to your heart for you to meditate on at night.

When you have God's pure words remember that the only way you can meditate on **them** day and night without having the light on, or some ear phones plugged into your ears, is to memorise verses.

Challenge & or encouragement.

\* Do not be fooled by the ungodly into reading the words in their book unless you pray first, and seek God's protection, because what we read, what we listen to goes into our heart. Let us desire God's perfect words and continue to share with those genuine believers who do not know that God **has** preserved His pure words in the Authorised Bible. For those that we share this truth with, and reject it, they are accountable to the Lord. For those who receive and believe this truth, let us encourage them and ourselves to meditate on **God's** words day and night, let us memorise one verse at a time to enable us to, day and night, meditate on **His** words. Memorising Scripture is not my greatest strength, but may it become our strength, as we encourage each other to meditate day and night in the word of God.

### 3. Believers are to remember the Lord, and meditate on Him in the night.

Supporting Verse.

Ps.63: 6 "When I remember thee upon my bed, [and] meditate on thee in the [night] watches."

Context and meaning of our verse.

\* Verse 1 "early will I seek thee", "to see thy power and thy glory" (verse 2). Why? Because God's "lovingkindness is better than life, my lips shall praise thee" (verse 3).

Verse 5 "My soul shall be satisfied as with marrow and fatness, and my mouth shall praise thee with joyful lips", when? Our verse (6) answers the question: "When I remember thee upon my bed, and meditate on thee in the night watches."

Other scriptural support.

Ps.119: 55

Application of our verse today.

\* Old Testament saints, or those in any other age will all benefit from remembering the Lord (the Almighty God of the Holy Scriptures), and meditating on Him.

Illustration.

\* "Muslims observe five formal prayer times each day. The timings of these prayers are spaced fairly evenly throughout the day, so that one is constantly reminded of God (or in their case a false god, whom they call Allah). They pray to remember their god, and they do so firstly before the sun rises. When you drive past the average Mosque at 5am there will be cars parked out the front, and young and old attending worship, to remember a god who is no more real and true than Baal of the Old Testament (1Kg.18: 21-39).

Learning from our Illustration.

\* Yes, we are encouraged to meditate in the night on the word of God, and to remember our God in bed, and to wake early in the morning to seek Him, as our soul thirsts for Him. But imagine being the prophets of Baal or the Muslim today, finding out that the god whom you wake at 5am every morning to remember, and meditate on, is deaf, dumb, blind, and false!

Challenge & or encouragement.

\*We all only have one life, let us ask the God of the Scriptures to help us, help those who are lost, and spending their days, their nights remembering and meditating on a false god, when they can know, they can remember and meditate on the God and Father of our Lord Jesus Christ who created the heavens and the earth, "the only true God, and Jesus Christ" (Jn.17: 3).

\* Let us ask the Lord to wake us early to remember Him before the sun comes up, and to read and memorise His words to enable us to meditate on Him and His name in the night.

### Summary of our three points.

1. May our spoken words and the meditation of our hearts be acceptable to God.
2. May we meditate day and night in the word of God.
3. May we remember the Lord, and meditate on Him in the night. Amen!!