

Experiencing God: Meditation

February 21, 2021

Outline



INTRODUCTION

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better." Ephesians 1:17

Meditation

"He (Isaac) went out to the field one evening to meditate, and as he looked up, he saw camels approaching." Genesis 24:63

Eastern vs. Biblical Meditation

"Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

Joshua 1:8-9

I. WHAT IS BIBLICAL MEDITATION?

Def. ~ "To murmur, rehearse, mull over"

Sources for Meditation

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Nature

¹ *The heavens declare the glory of God;
the skies proclaim the work of his hands.*

² *Day after day they pour forth speech;
night after night they display knowledge.* Psalm 19:1-2 It reveals things about God..Limited.. Not tell you who God is... reveals a few of his qualities..

Objects & Stories

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

Events in Our Lives

"You know how to interpret the appearance of the earth and the sky. How is it that you don't know how to interpret this present time?" Luke 12:56

Meditation Verses Bible Study

The goal of Bible study is the transformation of the mind. The goal of meditation is to transform the imagination.

Obstacles to Meditation

- _____

*But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will **remind you of everything I have said to you.** John 14:26*

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But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. John 16:13

- Self- doubt.

"But when he, the Spirit of truth, comes, he will guide you into all truth." John 16:13

- _____ Inertia.

"So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord! Romans 7:21-25

- Our mind and imagination. They are wild and easily distracted.

Why Meditate?

*Blessed is the man (person)
who does not walk in the counsel of the wicked
or stand in the way of sinners
or sit in the seat of mockers.*

² *But his delight is in the law of the LORD,
and on his law he meditates day and night.*

³ *He is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither.*

Whatever he does prospers. Psalms 1:1-3

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Practical Tips on Meditation

Good Passages for Meditation

Psalms, Proverbs, The Gospels, especially the teaching sections, the Epistles.
New Christian: The stories of Jesus and his Parables.

As for location, time, and distractions

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Posture

Enjoyment