



## *Meditating On the Promises of God*

*Question: Do you hesitate to meditate?*

*Bad connotation attached to “meditation.”*

*God says that our thoughts and the meditations of our heart should be centered in on God and should be so that they are acceptable to Him.*

*New International Version:*

*Psalm 19:14, “May these words of my mouth and this **meditation** of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”*

*Psalm 49:3, “My mouth will speak words of wisdom; the **meditation** of my heart will give you understanding.”*

*Psalm 104:34, “May my **meditation** be pleasing to him, as I rejoice in the Lord.”*

*King James Version:*

*Psalm 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.”*

*Psalm 5:1, “Give ear to my words, O Lord, consider my **meditation**.”*

*Psalm 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.”*

*Psalm 49:3, “My mouth shall speak of wisdom; and the **meditation** of my heart shall be of understanding.”*

*Psalm 104:34, “My **meditation** of him shall be sweet: I will be glad in the Lord.*

*Psalm 119:97, “O how love I thy law! It is my **meditation** all the day.”*

*Psalm 119:99, “I have more understanding than all my teachers: for thy testimonies are my **meditation**.”*

*“Think right, do right, and you will be alright.” Iva Yancey McDole*

- *"Meditation is simply talking to God about His Word with a desire that your life and those you pray for come into agreement with it." - William Thrasher*
  - *"An unschooled man who knows how to meditate upon the Lord has learned far more than the man with the highest education who does not know how to meditate." - Charles Stanley*
  - *"The more you read the Bible; and the more you meditate on it, the more you will be astonished with it." - Charles Spurgeon*
  - *"Prayer that is born of meditation upon the Word of God is the prayer that soars upward most easily to God's listening ears." - R.A. Torrey*
  - *"Take this as the secret of Christ's life in you: His Spirit dwells in your innermost spirit. Meditate on it, believe in it, and remember it until this glorious truth produces within you a holy fear and wonderment that the Holy Spirit indeed abides in you!" - Watchman Nee*
  - *"In place of our exhaustion and spiritual fatigue, God will give us rest. All He asks is that we come to Him...that we spend a while thinking about Him, meditating on Him, talking to Him, listening in silence, occupying ourselves with Him - totally and thoroughly lost in the hiding place of His presence." - Chuck Swindoll*
  - *"You hesitate to meditate and you will find yourself having to medicate yourself physically and spiritually. Meditation is the medication God has instructed us to take on a daily basis. You need to take one in the morning, several through the day, and one or two at bedtime. You can't overdose by meditating on God's Word. It is the remedy for the soul." Gerald E. Cumby*
  - *"Meditate on the 'God things' and the 'Good things' and you will be refreshed, rejuvenated, and realigned to rejoice in God's plan for living." Gerald E. Cumby*
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*Our world today is not likely to go down in history as the age of thinking. It will probably go down as the "Age of Distraction."*

- *We live in a world of entertainment...television, movies, plays showing every kind of living (from spiritual to total debauchery)...Your choice!*
- *We live where there is technological connectivity 24/7.*

## **DEEP THINKING?**

*Not much personal interest in deep thinking about life, liberty, and the pursuit of happiness.*

**Shocking Truth!** *Many people would rather inflict pain on themselves than spend 15 minutes with nothing to do but think, according to researchers at the University of Virginia and Harvard University. Two-thirds of the men and a quarter of the women in the study decided to shock themselves rather than just sit and think.*

*"Most people do not enjoy 'just thinking' and clearly prefer having something else to do," said the report on the study published in the journal Science.*

*Even our children are growing up being entertained to the point of laziness!*

*The children, if not entertained by Nintendo, Pokémon, and digital games on television are saying to the parents...and to babysitters “BORING” when they have to stop and think!*

*Don't you just love to hear a child tell an adult, “boring”...when the adults have provided some books to read or puzzles to put together?*

*Give me a break!*

*The Bible encourages a type of “deep thinking” that is very beneficial in this life—and even more in preparation for the next life.*

**According to the Word of God...God wants us to meditate—**

- ✓ *He wants us to focus our thoughts on important things for an eternal purpose.*
- ✓ *He shows us how and why a follower of Christ should learn...*

*The art of biblical meditation.*

*Although we want Christians to practice the art of biblical meditation, we don't want to differentiate it from meditation found in the Scriptures of the Old Testament. The teaching of the Bible is consistent throughout.*

*Always remember...biblical meditation is very different from Eastern meditation, New Age meditation or other spiritual or psychological forms of meditation.*

**Major Points on Biblical Meditation:**

- ❖ *Christian meditation is filling the mind, not emptying it*
  - ❖ *In many forms of meditation, people are told to empty their minds and focus on their breathing or on repeating a phrase or mantra.*
  - ❖ *The Bible teaches meditation that means filling our minds with God's laws and His way.*
    - *The psalmist writes in the Word of God... “Oh, how I love Your law! It is my meditation all the day...I have more understanding than all my teachers, for Your testimonies are my meditation” (Psalm 119:97, 99).*
  - ❖ *Other psalms refer to meditating on God's works—His miracles and creative power—and His glorious splendor... “I remember the days of long ago; I meditate on all your works and consider what your hands have done.” (Psalms 143:5).*
  - ❖ *Focusing on our great God helps to keep ourselves in alignment with proper perspectives. God remembers those who reverently meditate on His name—signifying His qualities and characteristics.*

- ❖ *The prophet Malachi wrote (under God’s anointing), “Then those who feared the LORD spoke to one another, and the LORD listened and heard them; so a book of remembrance was written before Him for those who fear the LORD and who meditate on His name” (Malachi 3:16).*

### ✓ *Christian meditation is positive*

- ❖ *The Bible lists helpful things for Christians to meditate about.*
  - *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8).*
- ❖ *It is fitting for us to “accentuate the positive” in order to look at the proper perspective on living.*

### ✓ *Christian meditation works with prayer and Bible study*

- ❖ *Meditation as described in the Bible works in conjunction with other spiritual tools like prayer and Bible study to help strengthen our relationship with God.*
- ❖ *We should pray for God’s Holy Spirit to direct our meditation and to help us to think as God thinks.*
  - *Biblical prayer is our chance to talk to God. He desires us to talk to Him about what is on our minds.*
  - *Our concentrated thoughts themselves need guidance. We should pray for God’s Holy Spirit to direct our meditation and to help us to think as God thinks.*
- ❖ *Bible study is also enhanced by periods of meditation—thinking about what we read in the Bible, how it relates to other passages we have read, and especially how it applies in our lives.*
  - *This type of study and meditation helps us fulfill the instruction in Proverbs 15:28: “The heart of the righteous studies how to answer.”*

### ✓ *Christian meditation leads to action*

- ❖ *The Bible doesn’t teach meditation that is just for stress reduction or health or peace of mind (though these can be nice side benefits).*
- ❖ *Biblical meditation is designed to prepare us for action. We think right things so we will do right things.*

*Jesus Christ said, “For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things” (Matthew 12:34-35).*

## *But, what about the promises of God?*

*The subject matter was: Meditating on the Promises of God.*

*Our world today places little value on words.*

- *We've seen politicians retract campaign commitments once they've taken office.*
- *It's difficult to know whom and what we can trust.*

*Good News!! The Father always keeps His promises—the same today as He did in the days of the Bible.*

- *Thankfully, there is One who keeps His word and never changes. As Hebrews 10:23 tells us, “[God] who promised is faithful.”*

*Some people become discouraged because they fail to see results after asking for His assurance.*

*We can avoid frustration by understanding how Scripture teaches us to claim His promises.*

### *1. Be aware that some pledges are limited to a certain situation.*

*God told Abraham he would have a son. However, Genesis 17:16 is not a promise we can claim for ourselves, as it was meant specifically for the Jewish patriarch.*

*“I will bless her and will surely give you a son by her. I will bless her so that she will be the mother of nations; kings of peoples will come from her.” Genesis 17:16*

### *2. Many promises are intended for all believers, such as God's assurance that He'll never leave us or forsake us.*

*Heb. 13:5, “Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” OT. Deuteronomy 31:6*

### *3. Some of God's promises are conditional.*

*The guarantee of Psalms 37:4 requires obedience: “Delight yourself in the LORD and He will give you the desires of your heart.”*

*If we claim the Lord's promises with a right spirit and pure motives, we will honor Him, receive what we ask, and grow in intimacy with our loving Father.*

*When evaluating a biblical promise, we should ask ourselves:*

- *Am I asking for this promise with a spirit of submission to the will of God?*
- *Might an answer to my petition harm another person or interfere with God's will for his life?*

- *Does the Holy Spirit bear witness to my spirit that God is pleased by my request?*
- *Does it contradict the Word of God?*

*And one to grow on...*

- *Will my desire advance my spiritual growth?*

*If we claim the Lord's promises with a right spirit and pure motives, we will honor Him, receive what we ask (if it advances the kingdom of God), and grow in intimacy with our loving Father.*

### *Summary:*

*In a changing world where vows are often broken, it's reassuring that true believers serve a God who keeps His word.*

***Think (Meditate) on the hope His promises provide, and praise Him for the way they reveal His character.***



**See next page for quotes on meditation!**

## **Quotes on Meditation on God's Word**

- ***"Meditation is simply talking to God about His Word with a desire that your life and those you pray for come into agreement with it." - William Thrasher***
- ***"An unschooled man who knows how to meditate upon the Lord has learned far more than the man with the highest education who does not know how to meditate." - Charles Stanley***
- ***"The more you read the Bible; and the more you meditate on it, the more you will be astonished with it." - Charles Spurgeon***
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