

Meditating on God's Word

- *If a Christian fails to develop the discipline of meditating on God's Word every day he or she will find their Bible reading and prayer lacking and their Christian life unfulfilled.*

Psalm 1:1-3 NKJV

¹ Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;

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

³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

- *The Hebrew verb translated "to meditate" in Psalm 1:2 is הָגָה (hâgâh) and it carries the idea of a low sound such as moaning, whispering, muttering, cooing like a dove, or growling like a lion. So the idea of meditating is something that engages the person who is meditating. Although meditating may appear outwardly as if little is happening, in reality the person is deeply engaged.*
- *When one meditates on the Word of God it reflects the person's high regard for Scripture and one's deep desire to understand and apply it to their lives.*

"But his delight is in the law of the LORD."

- *Meditation is to be a discipline that continually permeates our daily life.*

"And in His law he meditates day and night."

- *Meditating on God's Word daily produces stability so that even when the biggest storms of life come against us we will not be uprooted.*

"He shall be like a tree Planted by the rivers of water."

- *Meditating on God's Word daily is essential for us to live fruitful lives that glorify God.*

"That brings forth its fruit in its season."

- *Meditating on God's Word ensures that we will not experience spiritual droughts no matter what circumstances we may face. During times where others may become spiritually dry we will not wilt. We will continue to grow, develop, and produce much fruit. Like a tree with deep roots, we are not dependent on surface water. Our roots will go deep into the ground where we can tap into underground sources of water.*

“Whose leaf also shall not wither; And whatever he does shall prosper.”

- *The analogy of trees having deep roots helps explain why some Christians only thrive spiritually during times of revival, but fail to sustain a vibrant walk with the Lord once the excitement of revival dies down.*
- *Plants such as grasses with a shallow root system require consistent watering; otherwise they can quickly succumb to drought and wither. However, trees that have established deep roots can continue to flourish although there is no apparent moisture.*
- *Revivals or special times of God’s visitation can be compared to God sending refreshing rains.*

Psalm 68:9 NKJV

⁹ You, O God, sent a plentiful rain, Whereby You confirmed Your inheritance, When it was weary.

- *When Christians are always depending on revival to keep their spiritual lives vibrant, they will eventually become disappointed. Just as in the normal seasons of the year, there are times when rain falls and there are other times when there is little rain or even times of drought.*
- *When Christians develop the discipline of daily meditating on God’s Word and spending time in prayer it is like digging wells deep into the earth and finding underground aquifers and streams that never run dry even during times of severe drought.*

Isaiah 12:2-6 NKJV

² “Behold, God is my salvation, I will trust and not be afraid; ‘For YAH, the LORD, is my strength and song; He also has become my salvation.’”

³ Therefore with joy you will draw water From the wells of salvation.

⁴ And in that day you will say: “Praise the LORD, call upon His name; Declare His deeds among the peoples, Make mention that His name is exalted.

⁵ Sing to the LORD, For He has done excellent things; This is known in all the earth.

⁶ Cry out and shout, O inhabitant of Zion, For great is the Holy One of Israel in your midst!”

- *As we daily meditate on God’s Word we are digging wells and learning to draw water that will sustain us during difficult times, and fill our hearts to overflowing with joy and thanksgiving.*
- *Jesus Himself promised His followers that He will provide a source of living water deep within their reborn spirits. We just need to be faithful to learn how to draw on these living waters and we do that by meditating daily on Scripture and spending time with God in prayer.*

John 7:38-39 NKJV

³⁸ “He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”

³⁹ But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

- *The Bible exhorts us to draw deep from the wells that God has placed within our reborn spirits, so we will be filled with the Holy Spirit. One of the ways we are filled daily with the Holy Spirit is to meditate on Scripture so we understand the will of the Lord and what He requires of us.*

Ephesians 5:17-18 NKJV

¹⁷ Therefore do not be unwise, but understand what the will of the Lord is.

¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

- *Meditating on God’s Word is like building cisterns that are whole and leak proof which can contain and retain the downpour of God’s blessings to sustain us through times of trials and hardships.*

Jeremiah 2:13 NKJV

¹³ "For My people have committed two evils: They have forsaken Me, the fountain of living waters, And hewn themselves cisterns—broken cisterns that can hold no water.

- *The reality is that everyone is constantly meditating on something—believers and non-believers, the righteous and the wicked, those who live disciplined lives and those who live undisciplined lives. The important thing is the object of our meditation.*

Psalms 1:1

¹ Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful;

- *The first verse of Psalm One describes what it looks like to meditate. However, it begins by using the example of how the ungodly meditate on unrighteousness. They walk in the counsel of the ungodly, they stand in the path of sinners and they sit in the seat of the scornful. They are constantly thinking about unrighteous and destructive things.*
- *We meditate on whatever captures our heart. The wicked and rebellious are always meditating and plotting wicked schemes.*

Psalm 2:1 KJVS

¹ Why do the heathen rage, and the people imagine (meditate on) a vain thing?

Psalm 38:12 KJVS

¹² They also that seek after my life lay snares for me : and they that seek my hurt speak mischievous things, and imagine (meditate on) deceits all the day long.

Proverbs 24:2 NKJV

² For their heart devises (meditate on) violence, And their lips talk of troublemaking.

- *Those who are caught in the web of addictions, lusts, or covetousness are always meditating on and consumed with thinking about their addictions or the lusts that have entrapped them. The more they meditate on these fleshly impulses the more they become obsessed with their addictions.*

1 Timothy 6:9-10 NKJV

⁹ But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition.

¹⁰ For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

- *Those who are filled with bitterness and unforgiveness constantly meditate and think about their offences and hurts. They are always telling others about how they have been wronged and hurt. Their meditations bind them securely to their past offences.*
- *When one is trapped in a cycle of worry, anxiety, and fear it is because they are meditating on the source of their fear. The more one meditates on their fears the greater the bondage and their obsession with the thing they fear grows. That is why Jesus tells His followers not to meditate on the uncertainties of life but to meditate on the certainty of God and His goodness, faithfulness, and love. This will fill us with a confidence that He will lead us to a place of victory.*

Matthew 6:25-26; 33-34 NKJV

²⁵“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?”

²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?”

³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

- *The solution to being freed from worry, anxiety, and fear is to focus our thoughts and hearts on God through meditation.*

Isaiah 26:3-4 NKJV

³ You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

⁴ Trust in the LORD forever, For in YAH, the LORD, is everlasting strength.

Philippians 4:6-9 NKJV

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

⁸ 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.

⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

- *When we meditate on heavenly things it enables us to see the ebbs and flows of this life in the proper perspective so our hearts are protected and we can enjoy the peace of God that surpasses all understanding.*

Colossians 3:2, The Living Bible

“Let heaven fill your thoughts; don’t spend your time worrying about things down here.”

- *Don’t focus on the things of earth, look up.*
- *Paul reminded us that “God raised us up with Christ and seated us with him in the heavenly realms.” (Ephesians 2:6). See the events on earth from a heavenly perspective.*
- *We maintain our joy by meditating on Jesus Christ and the unshakeable and unchanging salvation we have received through His sacrifice.*

Romans 8:37-39 NKJV

³⁷ Yet in all these things we are more than conquerors through Him who loved us.

³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,

³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

- *When we meditate on God’s goodness it brings us joy.*

- *When we meditate on God's faithfulness it brings us peace.*
- *When we meditate on God's promises it brings us hope.*
- *When we meditate on God's love it gives us value and security.*
- *Developing an atmosphere in our hearts where we meditate on God's Word is one of the essential steps in living a fruitful overcoming life.*

Joshua 1:8-9 NKJV

⁸ **This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.**

⁹ **Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."**

- *The story of King Solomon's life is both tragic and puzzling. Even though Solomon had been given great wisdom from God and he loved God, he quickly fell into error that would ultimately lead to the destruction of God's purpose for his life and his kingdom.*
- *He made a treaty with Pharaoh and married his daughter. He eventually married many foreign wives which God's Law prohibited.*
- *Solomon also began to make sacrifices before God in the high places contrary to God's Word. It is clear in the Law that the place ordained by God for making sacrifices was the Tabernacle. The pagans made their sacrifices to their gods in the high places.*

1 Kings 3:1-3 (NKJV)

¹**Now Solomon made a treaty with Pharaoh king of Egypt, and married Pharaoh's daughter; then he brought her to the City of David until he had finished building his own house, and the house of the LORD, and the wall all around Jerusalem.**

²**Meanwhile the people sacrificed at the high places, because there was no house built for the name of the LORD until those days.**

³**And Solomon loved the LORD, walking in the statutes of his father David, except that he sacrificed and burned incense at the high places.**

- *How could Solomon who loved the Lord so much have married Pharaoh's daughter, since the Word of God clearly warns against marrying foreign women?*

Deuteronomy 7:3-4

"Nor shall you make marriages with them. You shall not give your daughter to their son, nor take their daughter for your son. For they will turn your sons away from

following Me, to serve other gods; so the anger of the LORD will be aroused against you and destroy you suddenly.”

- *As we study Solomon’s life we see that failing to obey God’s Word turned his heart away from God.*

1 Kings 11:4, 6

⁴ “For it was so, when Solomon was old, that his wives turned his heart after other gods; and his heart was not loyal to the LORD his God, as was the heart of his father David”

⁶ “Solomon did evil in the sight of the LORD, and did not fully follow the LORD, as did his father David.”

- *God even gave Solomon a special measure of wisdom so he could study the Word of God and understand it, but Solomon still had to choose to read, study, and meditate on the Word of God.*
- *There was one portion of the Law that was specifically directed to whoever would be king. Through this very precious passage of Scripture, if the king would follow it, it would guarantee that neither the king nor his kingdom would go astray. If obeyed, the king and his kingdom would flourish in God’s purposes.*

Deuteronomy 17:18–19 (NKJV)

¹⁸ “Also it shall be, when he sits on the throne of his kingdom, that he shall write for himself a copy of this law in a book, from the one before the priests, the Levites.

¹⁹ And it shall be with him, and he shall read it all the days of his life, that he may learn to fear the LORD his God and be careful to observe all the words of this law and these statutes,

- *Solomon was to sit down on his throne and write out the entire Book of the Law, so he would be intimately conversant with God’s Laws. He was to meditate on his handwritten copy every single day so he would fear the Lord and obey God’s Laws.*
- *In Psalm 119, believed to have been written by David, he wrote 176 verses extoling his love for God’s Law, His Word, His judgments, and His precepts. Yet a love for God’s Word has little effect unless we obey its teachings.*
- *“Blessed rather are those who hear the word of God and obey it.” (Luke 11:28).*
- *So how could David who loved God’s Word have committed adultery and murder? David’s sin with Bathsheba was the result of neglecting to spend time each day developing and maintaining a deep fellowship with God and reading and obeying His Word. It is impossible for a Christian who is in a close*

relationship with God through His Word and prayer to consistently operate with a carnal mind.

- *In the Tabernacle of Moses there were three things that represented the Word of God and each helps us understand how we are to relate to the Word of God:*
- *The Bronze Laver located in the outer court in front of the Tabernacle.*
- *The Golden Table of Showbread located in the Holy Place.*
- *The manna that was contained in the Ark of the Covenant located in the Holy of Holies.*
- *The bronze laver:*

Exodus 40:30–32 (NKJV)

³⁰**He set the laver between the tabernacle of meeting and the altar, and put water there for washing;**

³¹**and Moses, Aaron, and his sons would wash their hands and their feet with water from it.**

³²**Whenever they went into the tabernacle of meeting, and when they came near the altar, they washed, as the LORD had commanded Moses.**

- *The bronze laver stood in the middle of the outer court of the tabernacle. Before the priests could enter the tabernacle building itself they had to wash their hands and feet at the laver.*
- *As well, before the priest could minister at the bronze altar to burn the sacrifices they had to walk past the altar and approach the laver and wash their hands and feet.*
- *The bronze laver and the water it contained represent the Word of God in keeping our lives pure before Him. As we meditate on Scripture daily any offences we have experienced, wrong attitudes we have developed, selfish motivations that have tainted us or anything else that would try to defile us are exposed so we can repent and be forgiven, cleansed, and freed.*
- *The Word of God is the water where we can cleanse our hands (the things we do) and our feet (our walk and how we live) so that we do not bring shame to ourselves or to our Saviour Jesus Christ.*
- *Jesus wants to wash us daily in the water of His Word. However we must be willing to come to the laver of His Word and meditate and allow Him to wash and refresh us from all the hurts and offences of daily life that would try to stumble and defile us.*

Ephesians 5:25-27 NKJV

²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself for her,

²⁶ that He might sanctify and cleanse her with the washing of water by the word,

²⁷ that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish.

- *The Table of Showbread:*
- *The bread that was presented before the Lord speaks of the Word of God in terms of doctrine and having a correct understanding of God, His Word, and how we are to serve and live before Him.*

Matthew 4:4 NKJV

⁴ But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

- *As we study and meditate on the Word of God and correctly understand and apply it, it will magnify and reveal Jesus Christ, Who He is, and all He has done for us.*

John 6:48 NKJV

⁴⁸ I am the bread of life.

- *The Showbread—or the Bread of His Presence, was to be prepared in a very specific way and was to be set out in a very specific order even as doctrine is not to be haphazard but to be carefully understood and taught.*

Leviticus 24:5-8 NKJV

⁵ “And you shall take fine flour and bake twelve cakes with it. Two-tenths of an ephah shall be in each cake.

⁶ You shall set them in two rows, six in a row, on the pure gold table before the LORD.

⁷ And you shall put pure frankincense on each row, that it may be on the bread for a memorial, an offering made by fire to the LORD.

⁸ Every Sabbath he shall set it in order before the LORD continually, being taken from the children of Israel by an everlasting covenant.

- *Correctly understanding the Word of God requires not just reading or studying it, but that we spend time meditating on it.*

Proverbs 15:28 NKJV

²⁸ The heart of the righteous studies (meditates on) how to answer, But the mouth of the wicked pours forth evil.

1 Peter 3:15 NKJV

15 But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear;

- *The manna in the Ark of the Covenant:*
- *While the laver where the priests would wash was located in the outer court and the Showbread on the Golden Table that only the priest could eat was located in the Holy Place, the manna that was hidden away in the Holy of Holies within the very Ark of the Covenant covered by the solid gold Mercy seat could only be approached by the High Priest.*

Exodus 16:33 NKJV

33 And Moses said to Aaron, "Take a pot and put an omer of manna in it, and lay it up before the LORD, to be kept for your generations."

- *The manna represents secrets and hidden treasures concealed in the Word of God. God reveals His secrets to those who overcome the distractions of the flesh and are able to spend time before God meditating on His Word and waiting on Him. This hidden manna is a special reward that God gives to those of His children who really hunger to know Him more intimately as His friends.*

John 15:14-15 NKJV

"You are My friends if you do whatever I command you. No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you."

Revelation 2:17 NKJV

"He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give some of the hidden manna to eat. And I will give him a white stone, and on the stone a new name written which no one knows except him who receives it."

- *The name "manna" was given by the Israelites when they failed to understand what God had provided for them. Their response was the Hebrew word "manna" which simply means, "What?" or "What is it?"*

Exodus 16:14-15 NKJV

14 And when the layer of dew lifted, there, on the surface of the wilderness, was a small round substance, as fine as frost on the ground.

15 So when the children of Israel saw it, they said to one another, "What is it?" For they did not know what it was. And Moses said to them, "This is the bread which the LORD has given you to eat.

- *Jesus repeatedly explained to His disciples that He was going to be betrayed, crucified, die, and the third day be raised from the dead. But no matter how many times He told them, taught them, and explained to them what was going*

to happen they didn't understand a single thing He said. Why? Because they failed to actually spend time meditating on His Words. As a result, they became completely distraught and crushed.

- *The manna speaks of the special revelations of Jesus and those secrets hidden in His Word.*

John 6:56-58 NKJV

⁵⁶ He who eats My flesh and drinks My blood abides in Me, and I in him.

⁵⁷ As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me.

⁵⁸ This is the bread which came down from heaven-not as your fathers ate the manna, and are dead. He who eats this bread will live forever."

- *It is important to read and study the Scriptures. If we neglect meditating on Scripture soon Bible reading will become dry and mechanical or we will fail to understand what God wants to teach us. Meditating on God's Word enables God to impart life to us and to fill us with an excitement of His reality.*
- *Meditation is like an animal chewing the cud. It takes up much of the day and becomes so second nature that the animal does it instinctively. We are to be so fixated on God that day and night our thoughts gravitate toward Him and toward His Word.*

Psalm 63:6 NKJV

⁶ When I remember You on my bed, I meditate on You in the night watches.

- *When we meditate on all of God's works we will find that our conversations with others naturally become an outflow of the meditations of our hearts.*

Psalm 77:12 NKJV

¹² I will also meditate on all Your work, And talk of Your deeds.

Psalm 35:28 NKJV

²⁸ And my tongue shall speak (meditate) of Your righteousness And of Your praise all the day long.

- *To truly have a rich meditative life in Scripture is to learn to be able to share your thoughts and insights with other Christians and hear their insights and thoughts. It is these back and forth discussions that help ignite our passion and deepen our understanding of His Word.*
- *Christian fellowship is not simply Christians getting together but Christians getting together around Christ.*

Malachi 3:16-18 NKJV

¹⁶ 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.

¹⁷ “They shall be Mine,” says the LORD of hosts, “On the day that I make them My jewels. And I will spare them As a man spares his own son who serves him.”

¹⁸ Then you shall again discern Between the righteous and the wicked, Between one who serves God And one who does not serve Him.