

Meditation on God's Word

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I. Introduction.

- A. The man who shares “the life” is the one who proves fruitful. The two threats to a tree are heat and drought. Yet the leaf never withered, and it produced fruit. The secret was that the tree was planted by the river. Its taproots have contact with life giving water. (Jeremiah 17:7-8)
- B. This is the picture of the Christian whose taproots of the soul are connected to and sustained by Christ. (John 15:5)
- C. The clue to the how of the process is in meditation upon the law of the Lord. (Psalm 1:2)
- D. Fruit is the overflow of Jesus Christ in our lives. It is a pathetic thing to see a Christian trying to bear fruit - we need the right amount of intake to have overflow.

II. Background on meditation.

- A. Meditation is rumination - a cow chews something up and stores it up for later.
 - 1. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.
 - 2. We extract the life of Christ into us in a similar manner through meditation. We make Christ's life part of our own physical and spiritual bloodstream.
- B. Christ comes in the volume of the book. The Words Jesus speaks are Spirit and life. (Psalm 40:7, John 6:63)
- C. We share in Jesus' life to be fruitful. (John 15:5)

III. Meditation process.

- A. We are to meditate in the Word day and night. (Psalm 1:3)
- B. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.
- C. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose. There is a communication breakdown.
- D. The only legitimate use of the subconscious mind is to meditate on the Word of God.

IV. How to get started.

A. Our last waking thought should be on the Word of God. (Proverbs 6:22)

1. The time to start your quiet time is three to four minutes before you drop off to sleep.
2. Find a command from the Lord and close the book right before going to sleep so you have that to think about. Confine your meditation to this thought.
3. David sought to reinforce the subconscious by waking at midnight for meditation. (Psalm 119:62)
4. David also praised God seven times a day; Judson applied this by dividing the day into seven periods for meditation. (Psalm 119:164)

B. There are times that we need to concentrate on the entire task at hand, but otherwise we should devote our minds to meditating upon God if we are to be fruitful.

Application questions.

1. What is meditation? Why is the use of the mind so important for the Christian life?

2. Outline the suggestions the speaker gives for meditation. What stood out to you?

3. What is your plan? How will you enhance your personal meditation?
