

155. How to Meditate By Arland Steen

After you become born again, the spiritual sustenance you need is the Word of God. It is the food of the new creation. It is food for your spirit.

Matthew 4:4 (New King James): *Man shall not live by bread alone, but by every word that proceeds from the mouth of God.*

(Ben Campbell Johnson): *A human being cannot exist on the physical necessities alone, but must be sustained by spiritual resources.*

To be sustained by spiritual resources:

- You must eat nutritiously
- You must eat regularly
- You must chew your food thoroughly

Joshua 1:8 (New King James): *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.*

(Ronald Knox): *The law thou hast in writing must govern every utterance of thine; day and night thou must ponder over it, so as to carry out all the terms of it faithfully; so wilt thou guide thy steps truly and prosper.*

(J.B. Rotherham): *This law must not cease out of thy mouth but thou must talk to thyself therein day and night, that thou mayest take heed to do according to all that is written therein, for then thou shalt make thy way prosperous and then shalt thou have good success.*

(New American Bible): *Keep this book of the law on your lips. Recite it by day and by night, that you may observe carefully all that is written in it; then you will successfully attain your goal.*

You put it into your mouth like you do natural food. Then you chew the cud like ruminating animals do. The Bible terminology for this process is *meditation*. *Meditate* means to murmur, mutter or talk the Word to yourself. As you do this, the Word goes directly to your spirit, energizes you and causes fruitfulness in your life.

You should take a few minutes and meditate a verse of Scripture and then keep meditating it throughout the day. This is different than reading the Word in a year etc. It's like just having one thing for breakfast – like oatmeal. Take just one verse or a part of one verse and chew it.

Congregational Example: Chewing nuts – to show it is okay to chew a small portion.

Christian Meditation Differs From Meditation Of Eastern Religions

1. **More heart-oriented than mind-oriented** - The goal of Bible meditation is to fill your heart; Eastern religions emphasize emptying the mind
2. **Believes God is all-powerful** - Meditating on God's unchangeable truth leads us to accept God as having ultimate power; Eastern meditation gives the impression we control our circumstances by human power through chanting and visualization, so it is man-centered
3. **Fueled by resurrection power** - Christians rely on the resurrection power of Christ for strength; Eastern religions try to reach "higher levels of consciousness" absent from God's resurrection power
4. **Fills the heart with faith** - Christian meditation fills the heart with confidence and faith; Eastern meditation seeks to release negative emotions
5. **Seeks to posture the heart** - Christian meditation postures our hearts with Him; Eastern meditation uses physical positions to worship false gods
6. **Grants access to the throne** - Pondering scripture allows for one-on-one communication with God without having to conjure up His presence

Psalm 1:1-3: ¹*Blessed is the man* ²*[whose] 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, and whatever he does shall prosper.*

You must observe the Word before you can do the Word; your success is linked to your commitment to His Word.

Meditation means to ponder verses of scripture, speak the Word to yourself, recite the Word to yourself and mutter it quietly to yourself.

You can develop spiritually by exercising your spirit just as you develop mentally by exercising your mind or physically by exercising your body.

A strong spirit will sustain you.

Proverbs 18:14 (New King James): *The spirit of a man will sustain him in sickness.*

(Amplified Bible): *The strong spirit of a man will sustain him in bodily pain.*

Meditation is described fully in Proverbs 4:20-22 (New King James): ²⁰*My son, give attention to my words; incline your ear to my sayings.* ²¹*Do not let them depart from your eyes; keep them in the midst of your heart;* ²²*For they are life to those who find them, and health to all their flesh.*

First, give attention to the Word – put it first place in your life.

Second, listen to the Holy Spirit talk to your heart as you put the Word first.

Third, do not let them depart from your eyes – if you see yourself anyway other than what the Word says, your eyes have departed from the Word.

Fourth, keep the Word in your heart by saying and muttering it quietly.

Notice the benefits!

Other Scriptures

Psalm 63:6 (New King James): *When I remember You on my bed, I meditate on You in the night watches.*

(Rotherham): *Should I call thee to mind upon my couch, in the watches of the night, would I breathe soft speech of thee.*

Psalm 77:12 (New King James): *I will also meditate on all Your work, and talk of Your deeds.*

(Smith and Goodspeed): *And I will ponder upon all thy work and meditate upon thy doings.*

(Rotherham): *And will talk to myself of all thy work and of thy doings will I muse.*

When you get a group of people to begin earnestly doing this, “counseling” sessions drop dramatically in frequency.