



# WHY SHOULD I MEDITATE?

"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

## Meditation in the Bible

Meditation in one form or another is mentioned over 58 times in the Bible

Examples include:

- ↪ Genesis 24:63
- ↪ Joshua 1:8
- ↪ Psalm 1:2
- ↪ Psalm 4:4
- ↪ Psalm 145:5

## Benefits of Meditation

### Transformed Thinking

- ↪ The world's thinking is not God's thinking (Isaiah 55:8)
- ↪ We become what we think (Proverbs 23:7)
- ↪ Be transformed by the renewing of your mind (Romans 12:2)
  - Renewing literally means "to make new"
- ↪ Meditation frees us from the futile thinking of this world

### Ability to hear God's voice and obey it – *Richard Foster*

"What happens in meditation is that we create the emotional and spiritual space which allows Christ to construct an inner sanctuary in the heart." - Richard Foster

## Why People Do Not Meditate

- ↪ For the most part, it simply is not taught in church
- ↪ People are so caught up in the business of life that they simply do not set aside any time for meditation.
- ↪ General misunderstanding of what Christian meditation really is

# Meditation is NOT

## Psychological Manipulation

## Middle Eastern Meditation

Involves:

- ↪ Detaching from the world
- ↪ Emptying one's mind

# Meditation Is

“Biblical meditation involves becoming *detached* from the controlling and hindering influences of the world and *attached* to the living God through Christ,” - J. Hampton Keathley, III

## Subject Oriented.

Meditation is the act of focusing our thoughts on a single truth. We are to:

- ↪ ponder
- ↪ think on
- ↪ muse
- ↪ reflect on
- ↪ contemplate
- ↪ ruminate
- ↪ think deeply about

Possible Subjects of Meditation Include:

- ↪ God
- ↪ Scripture
- ↪ Events
  - Personal
  - Community
  - World
- ↪ Nature
- ↪ God's Works

**Meditation is like Chewing Gum. We chew on a single truth until we have abstracted its entire flavor.**