

Knowing God in the Word

That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death. Philippians 3:10.

Consider My Meditation

**“But his delight is in the law of the LORD,
And in His law he meditates day and night.”
Psalm 1:2**

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

Have you ever considered Christian meditation? That almost seems like a contradiction in terms to us. After all, when we think of meditation, we think of some person in an eastern religion, sitting in a cross-legged position, emptying his mind of all thoughts, and humming some pagan chant. Yet the Bible speaks often in the Psalms of our meditation. What does it mean? Should Christians sit cross-legged, empty their minds, and hum? Or is Biblical meditation something different?

Whether we know it or not, we all meditate. You may not think you do; yet the fact is that we all do. Often in our day and age we do not do it in silence or in seclusion. Our meditation is usually done in a busy atmosphere, and usually while doing something else. Often it is done while driving or while doing some repetitive task that takes little of our mental resources. et meditate we do. You see, meditation doesn't have to involve an empty room and a strange posture. It just means thinking on something deeply, pondering it and considering it and making up your mind about it. And this we do about many things every day.

But how often do we meditate on God and His Word in our meditations? How often? Do we ever?

What sorts of things do we meditate on? One thing is TV and movies. In 1999, after a break of 16 years, a new Star Wars movie came out. Having been a Star Wars fan since I was 7 years old, I was greatly excited at the first new movie in the Star Wars universe since I was 9. I went to the movie opening night, and enjoyed it greatly. The next day, while I was at work making some samples, I meditated on the movie. As I pushed a button over and over and grabbed samples as they came out the other end of the machine, my mind was free to wander where it would, and I started to go over the movie in my mind. Carefully I considered every aspect of that film, remembering scene after scene and incorporating them into my Star Wars consciousness. For hours as I ran that process I meditated on Star Wars. And I'm sure I've meditated on many other films and TV shows as well.

But how often do we meditate on God and His Word in our meditations? How often? Do we ever?

Sometimes we meditate on our families. Often when I'm having difficulties with one or the other of my family members that enters into my meditations. While I'm driving to work or doing everyday tasks I ponder the problem and what I could and should do about it. Sometimes I'm kept awake at night as I meditate on such things. Other times we meditate on how much we love our families, or what we can do for them and how we can provide for them.

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Sometimes we meditate on our friends. Friendships are important things to us, and our relationships to friends can occupy a good deal of our thoughts. Sometimes we meditate on the

good times we have had with friends. Sometimes we meditate on good times to come that we hope to have with our friends. Sometimes we meditate on problems our friends are having and how we can help. Sometimes we meditate on how our friends can help us with our problems. Many are the meditations we can have on our friendships.

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Sometimes we meditate on our work or our schooling. Problems we are having in our job or difficulties we are trying to solve can consume our thoughts, taking up our meditation times as we try to figure out what we can do and what might be the solution. Plans for future projects and goals we wish to accomplish are frequent topics for meditation, both at work and away from it.

But how often do we meditate on God and His Word in our meditations? How often? Do we ever?

Sometimes we meditate on things that are wrong. Lustful thoughts can intrude on our consciousness, calling our minds away from what is good and right. Plans for getting what we want at the expense of others can be magnets to pull our minds into meditation on selfishness. Feelings of self-pity and the desire for self-gratification can occupy one's meditations quite easily if one will allow them to.

But how often do we meditate on God and His Word in our meditations? How often? Do we ever?

Sometimes my mind turns to the things of God as I meditate. It can happen in different places. Often as I wait for sleep in bed my mind can turn to such things. I remember pondering Biblical topics as I ate lunch at college. Sometimes I would pull out my little Gideon's New Testament to look up verses that I was pondering. Other times my commutes to and from work or school are times when I can meditate on the things of God and His Word. The things of God do occupy my thoughts, though perhaps not as frequently as they should.

How often do we meditate on God and His Word in our meditations? How often? Do we ever?

Something occurs to me. I have never meditated on a movie that I haven't seen. I have never meditated on a friend I haven't made. My thoughts rarely turn to relatives that are far away and with whom I'm not in contact. I seldom ponder problems that are not important to my job and are not given to me to solve. Frankly, I don't meditate on things that I don't know about or that aren't important to me.

If I spend a half hour a day watching a TV show, it is likely that I will meditate on it at one time or another during that week. Yet if I never read the Word of God once during that week, what is the likelihood of me ever meditating on it? Perhaps the reason we don't meditate more on God or His Word is because we don't know either one very well.

So how often do we read God's Word for ourselves and spend time with Him? How often? Do we ever?

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