

vi. Psalm 19:14

vii. Colossians 3:2

viii. Summary

2. What do the verses below further tell us regarding Biblical meditation?

a. Psalm 63:6

b. Psalm 119:15

c. Psalm 119:23

d. Psalm 119:48

e. Psalm 46:10

Meditation is often something Christians avoid doing, believing that somehow it's not spiritual. They believe this based on what they have seen, and perhaps even experienced, through the secular world's various forms of "meditation", which focus on emptying the mind (as an end), taking the person to a different place, or voiding the person of some fear or other encumbrance. As we have observed from our study, Biblical meditation is completely different. Its goal is to build us up as God leads us.

Employing meditation allows us to reflect, to be still, and to be open-minded and receptive, so that God can reveal deeper insights and precepts to us. Through meditation, we spend time with God, the Holy Spirit, and Christ—growing more intimate, closer, and stronger as we experience their presence in our lives in a focused and structured way. Spend some time this week thinking on God, His Holy Word, and His son Jesus, and see if He won't draw you closer than ever before. For starters, trying meditating on the teachings in Romans Chapter 12; they are life changing.

In Christ,

Wes