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Okay, so Chapter 8, choosing the subjects for meditation now. You know, i start off the question how many? How many Choices, you have for meditation and In the beginning of the book. The author used the illustration of Smorgasbord or a buffet at a restaurant now, I had to laugh about that because 10 years ago, that would have been a good thing for me.

Uh, I don't like buffets anymore. One because i abused them in two. I always worry about who's been there before me. So Um, anyway, but the idea behind that with the the buffet is that You know, it's It's amazing when you think about That this book and i don't use that in a light sense.

This book But god's word is instruction for really all of life. I mean, there is There is not. Anything. In life. That's the lord does not talk about in the bible now. It doesn't tell you, it doesn't say what medicine you're supposed to take or, you know, specifics but as far as instructions for how we are to live How we are to.

Howard interact with. I mean, Uh and how we're to know our creator. It's all, it's all there and it's it's just uh it's a marble to me. I mean, i guess it should be because god himself wrote it. But the point i'm making is that for all of life, everything.

We ever. Ever need to to live on this earth. Now, that doesn't mean that it makes living on this earth. Easy. But it does mean that we don't have to go through this life with out any encouragement or help. Of our father in heaven, so, So he talks about okay, the the buffet example.

So where do i start? When i want to meditate upon the things of god and he warns, uh, He warns about Being careful not to become overwhelmed, or to drown yourself with. What should i meditate upon? I mean, have have any of you ever been a situation where you had So many things to do.

You didn't know which one to start with. I think all of us have been there and are there. And so He makes it a point that. We need to learn how to determine You know what things specifically we need to meditate upon and how we go about that because Uh, it's not.

Like some would take the bible and just open up and say, ah, this is what it said and this in zechariah. So that's what i'm supposed to meditate today, although you could do that, but he gives a little bit more structure for that. Um, Richard Baxter, won the puritan said, meditation, hath a large field to walk in and half as many objects to work upon as there are matters and lines and words in scripture.

So it's many things as You can think of to meditate in the word of god. There are portions of scripture for those. Um, So, I guess, one thing i wanted to ask before we go any further here. And it it's it doesn't necessarily pertain pertain to. Meditation and finding a subject but i like to know from a couple of you, how you read the bible and what i mean by that is What type of?

Method. Do you use when you read the bible? Do you read just straight through or do you read a new test and old test? I'm curious if a couple would give their They're, they're Experience. Go ahead. Go straight through. Okay. Just straight through. Okay. Anyway, any better Charlie. Which is generally an old testament, new testament.

Okay. Anybody else? I mean those covers a lot right there? Yes. Usually read some of the proverbs and then kind of do a rotation of the gospels. Okay, so you read a psalm and then you do the gospels. What about the rest of the bible? And i usually did, i do the rest of that.

I just go through the year, okay? The other two genesis expenses all the way through. I'm currently in the Old Testament, new testament, trying to finish, you know, first type, okay. Are anybody else? Yeah, i'm pretty much away. Mr. Greg said there, i i just read from What beginning to end.

And one thing i have found is And actually just in the last year that as i go through and i read If i have a book, Like my last one that really was the book of Joke. That i feel like i get to the end and There were things, i'd like to.

No more. I'll go back and Read that book again, and then start going forward. And i'm that way, now, i'm in the book of Psalms and i've, i'm, i'm about psalms 50. And, I sort of just determined that yesterday, i said, you know, There are things here. Even though i generally my reading style, is i read one or two chapters every day?

But i said, you know, there's just too much, i'm missing. I've got to go back. And do this again before i go forward, because it's still fresh in my mind. You know, if i, if i stay in that book. So i've just curious how you Red. And then also it talks about in In this chapter about choosing subjects that, That we will come across what they call.

Specific or general truths, there may be specific things that you are dealing with in your life. That may require your meditation be more oriented upon that. As opposed to. A more general truth. Such as You know, the majesty of god, okay? That's a big subject. The heinousness of our sin, that's a big subject but to maybe drill down more in those David wrote in Psalms 11 1996.

I have seen an end to all perfection but thy commandment is exceedingly, broad because the word of god is wonderfully grand. Or because the word of god is wonderfully grand, the believer must leap. Learn to reap the harvest by working. It section by section and subject by subject. This brings the harvest to to bear on one's own thinking, and experience.

So another words, one of the things that we should use and choosing subjects for meditation would be to think about things that are going on in your life that you're dealing with specifically. Um, At this time. And, So in that would be different for for each of us, and it's sort of like, When you're meditating upon the things of god in that manner, where you take specific things, it's like finding jewels or nuggets of truth.

That. You've never encountered before. Um, Recently, as we've been going through the The series on the Beatitudes. There are things that i have thought about. In meditated about on the Beatitudes that i'd never quite thought about before. I'm not going to go into it but like, for instance, It says we're salt and light.

I always looked at that as they were too metaphors for the same thing. But salt and light have two different things that they do. And so, how does that apply in our life? So Uh, that's been something that, you know, has been very helpful. So so how do we choose an appropriate subject for Uh, meditation.

In second, Timothy, 3:16 to 17. It says that. I have it here all scripture. I can do it partially but All scripture is breathed out of god and is profitable for teaching for reprove for correction, and for training and righteousness that the man of god, may be complete equipped for every good work.

So, right there in the book of Timothy, it says that the bible's is there to Help us with. All the areas that we may encounter and so as you go through your Your meditating on the word of god, there may be a times when they're portions of scripture that are more pertinent than others to.

Somebody want to read for me. Proverbs 25 11. So may have that real quick. They can read it.

Spoken is Apples of golden pictures of silver. Okay, read that one more timely spoken is like apples of gold and pictures of silver, right? So Very, very specific in beautiful things that god has given us in his work. So, one of the things that says to help us in and determining what are the type things that we Be.

Meditating upon and how to find those things. It gives four things it says one to be simple. Another words. Pick out. Easy subjects. Maybe at first you know the love of god as opposed to trying to explain the trinity or what's going to happen at the end of time, you know?

Where we find out, who was right? The post, no, analyst the primal illness, or, or the omeletta list. You know, so it says be simple in your approach. Be balanced, do not get stuck on one subject but very in your choices for meditation. It says be practical. Um, You know.

Just to study the word of god, i would never say just to study just to study it is no benefit but it's just choose subjects that stir your heart. There are certain things that are on the hearts and minds of each of us and it says, pick those things.

Uh, that That that are of interest, that stir your heart that are concerned in your life and then it says be fitting. Choose subjects that are. Appropriate for your current situation. So that could be you could be going through a difficult time like not to bring it up but you know Charlie is dealing with the death of his father.

Okay. So their passage in scripture, you know, what is the hope of the believer Uh, and we all have different things that That we go through, could be in our work, we have things that we encounter that. We don't, we don't understand, you know, or or like, you know, myself, why when you try to do the right thing, if people get upset, you know, i mean, it's just any number of of things, but Thomas white.

When the puritan said, when the primary burdens of the puritans and choosing the right subject, he said the believer must be flexible and choose what is fitting to the current circumstances in your life. Uh, this was actually white's first rule and the choice. Of the subject for meditation, find out what is most suitable.

To the dispensation of god's provinces. So, Think about before as you enter into what the meditate upon, think about the things that that You're going through at that time. He uses the example of joseph. You know, joseph when he fell, or he was in the presence of Potiphar's wife And she wanted him to sin how, you know, that would be an example, right?

That at that time. You know, joseph needed to meditate upon the purity that god says that we must keep with our bodies. So that would be a subject there to to discuss. Another thing is The comment in the book it says and think about this. It says the mind of, man.

Is the mill of god. Now, what does that mean? Somebody want to attempt. The. The mind, the mill of god are the mind of man is the mill of god. What does that mean? Now, come on. I know somebody. Love is working on us. Right. What do you think of when you think of a mill?

What's it do? Minutes it grinds, right? You can eat those, uh, Wheat grains or kernels. But they probably would make very good bread or they wouldn't make whatever you're making with it, but you grind them up. You make flour out of them, right. And then you can use that.

It's much more workable. So reading god's word is Our mind. God uses it as a mill to sip through that. So, They get four suggestions for selecting a topic for meditation, one. To choose one specific subject at a time. And that may be very difficult for many of us.

To pick one thing because when we look at ourselves and see, How we are relative to what god wants us to be. We may be overwhelmed. And so it says we should keep that the one subject at a time. It also says that we should pick circumstances that in your life.

Like, i think of those of you that are Young mothers. In the young dads. You know, raising your children and the nurturing, the admonition, the lord. And, When they get older. You still have to think about those things because now, Your children are on their own in many respects.

But you're still called upon to provide wisdom and understanding and to help them through the different things of life. So anyway, So it says, where to choose a subject that will practically benefit in advance our personal godliness. So, if there's narrating your life that You struggle with like i'll give you an example where we're all growing in our understanding of how we are to use the lord's day, right?

We all come from different backgrounds, Uh, different practices, some biblical, some not biblical. But, That's a subject of meditation. How does god want us to spend his day? So that's something there. Um, So, there's a vastness The subtitle here is the vastness in the subjects in Puritan meditation. Um, You know, it said the puritan started with when they tried to decide what they wanted to meditate, or what, what areas were going on their life, if they didn't have something specific, they would sort of take a systematic.

Approach. Or systematic, theological approach to scripture. What does that mean when i say systematic theology, what would that mean? To you. How would you explain that? Peter. How would you explain a systematic? Theological approach to studying the Bible.

Good. But much thought in and building almost like extended to it. So you're not not as scheduled, but And of a personal plan to not just randomly, When things out of context, i think that could be if you don't have systematic and taking these out of context. Well i think what they what they're really saying was systematic.

Theology is When we look at the bible from beginning to end, God has a theme where he has a story. That he's giving to us through his word. You know, i mean we could basically summarize by saying, God creates man and woman in the garden. They sin god prevent god.

Provided a way of salvation redemption for them and then He sent his son, who died on the cross for our sins. That those that were the elect may be. Save from their sin and then he has a plan or hope for them after death because we all have to pass through the Through the Valley of death, unless the lord should return before that time.

So what what is this book? The bible trying to say to us from beginning in? What is the theme? That would be sort of your Systematic theology in a very Broad sense of the word. So it says that rather than taking that on as a whole we should take one specific subject of time.

Again, coming back to where are you in your life? What are, what are the things? That. Are troubling, troubling you? Uh, and and look for places in the word of god where it addresses, those and it should be a subject that should be. Familiar with us. Why do we want to meditate on?

Specific things that we may be going through in our life. Why would that be important? What does that help us? Did. Does it not meditating on those things since We're sinners. We still have the first Adam living in us. We struggle in those areas that Meditating on certain things that we struggle with that.

That meditation helps us overcome those sin

I would say that that's, that's something that's Been very important in my life and i would also share This one thing in my life, that When we meditate, We really meditated. It is on the power of god. That is able to change us. From whatever it is, we're struggling with in that regards.

I know as a young man in my Early christian life. There were certain things that i really struggled with. And i, My approach was a very humanistic like, I just have to toughen up and not do this and i realized, hey, you know what? You're a failure. You know.

There's no chance that you're going to overcome this. You might on the surface might make others think that you are have you know you're something that you're not but You know, and i i continually failed and it was only when i realized that. No, that's why jesus christ came to this earth.

To redeem me. And to save me from the things that i couldn't save myself. Uh, i know i give the example that And this is a this is a confession, i make but i said when i was, when i was struggle with different things. I used to say this, i'm shocked that i said this, but i used to say, you know, if it weren't for the fact that i'm saved from hell, I'd rather be a happy sinner because i'm a miserable christian.

Okay, because i couldn't, i couldn't achieve And, What i was, you know, victory over the sin. I was facing my life and when i came to the understanding the reformed faith, You know, it's all of god and nothing of me. I mean, it was like a huge. Burden was taken off me because I could say i'm a failure and it's only because of jesus christ that i'm anything.

So, Um, Anyway and then one of the other things that they state in in the book is as far as meditating upon and i don't think we do this enough. It's met at to meditate on the horrible and haneous nature of sin. Okay. We make excuses for that, and i probably going to stop here because it's quarter till, but i want to talk a little bit about this.

How many of you have been guilty of saying? Well, Maybe i've done wrong. But, I'm not as bad as Justin. You ever do that? You ever do that as a church? Well, we may we may not do everything right in our church, but we're not like, The other churches over here.

You know. Guilty. How have you done that with friends and spouse? You know, you do something wrong. And you're, and when you can, or someone does something wrong, you can front them and the response to you, is Well, you do this. Okay. And that may be very true. That, that the other person does this, but Have we ever considered the sin that we commit?

How heinous it is before god. And i think that's something that In really, for us the properly, Be able to meditate. On the things of god, and really, for those to soak into our lives. We really have to see sin as it is. Have to see. It is horrible heinous.

And then can we at that point, can we only earnestly begin to Overcoming it says in the end of the book here or the end of this section, Sin is feasting upon the most rotten. Spoiled, filthy garbage and spitting it into the loving face of our savior. Think about that.

Feasting, what does that mean thinking meditating dwelling upon? The most rotten spoiled filthy garbage and spitting it into the face of our sacred. Okay. So, I'm going to stop right there because of time. Um, Let's just close in prayer. Oh god. And heavenly father. Son and holy ghost. We thank you, lord for Your word.

We pray, lord that you would help us to understand how we are. To use it. How to meditate upon it and how Well, it will expose the sin. And evil in our lives. But i pray that as we worship you this day. That. Our focus may be on you.

And our worship of you and that father, that you would bring those things to light, and it's you would give us Parts of flesh and not hearts of stone. But we asked all these things in christ's name, we pray. Amen.