

## ***On Meditation***

**Joshua 1:1-8**

**January 26, 2014**

### Main Point:

Meditation is key to your sanctification; therefore, pursue success in the battle against sin by regularly meditating upon the Word of God.

1. Until we arrive at the Promised Land, we've got a battle against sin to fight.

2. In order to have success in the battle against sin we need to meditate upon the Word of God.

3. Meditation upon the Word of God is to be a regular part of our daily lives.

4. Pursue success in the battle against sin by regularly meditating upon the Word of God.

## **Quotations and Cross-References**

**Colossians 3:1-3, 5** <sup>1</sup> If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. <sup>2</sup> Set your mind on things above, not on things on the earth. <sup>3</sup> For you died, and your life is hidden with Christ in God . . . <sup>5</sup> Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. (NKJV)

**Jerry Bridges:** "To meditate on the Scriptures is to think about them, turning them over in our minds, and applying them to our life's situations."

**Psalm 1:2-3** <sup>2</sup> . . . his delight *is* in the law of the LORD, And in His law he meditates day and night. <sup>3</sup> He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. (NKJV)

**Thomas Watson** "A Christian without meditation is like a soldier without arms [weapons], or a workman without tools. Without meditation, the truths of God will not stay with us; the heart is hard, and the memory slippery, and without meditation all is lost."

**Edmund Calamy** "[Meditation is like] the bee that dwells and abides on the flower, to suck out all the sweetness."

**1 Peter 5:8** <sup>8</sup> Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. (NKJV)

**Joel Beeke and Mark Jones** "When people stop meditating on sermons, they stop benefiting from them."

**Psalm 119:11** <sup>11</sup> Your word I have hidden in my heart, That I might not sin against You! (NKJV)

**Thomas Brooks** "It is not he that reads most; but he that meditates most, that will prove the choicest, sweetest, wisest, and strongest Christian."