

Jan 10 2019

Meditation  
**Joshua 1:8**

**Joshua 1:8 (KJV) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.**

**Introduction**

*Meditation is that spiritual chemistry which turns all metals into gold!"*

Today we are considering "thinking upon or musing or meditating" on the things of God

The corruption of our natures

The death and suffering of Christ

The evidences of heaven

The uncertainty of worldly comforts

The severe hatred God has against sin

Eternal life, heaven or hell

Having any spare time is a thing of the past

For sure the art of meditation has been lost

So today will broach a subject that most have never considered! Meditation

1. What is meditation and what are we to meditate upon?
2. Why are we to meditate?
3. When and how do we meditate?
4. Who is to meditate?

## **Meditation**

1. What is meditation and what are we to meditate upon?  
It is getting alone with God  
It is escaping the world for a moment  
It is serious thinking upon God  
It is stirring up our hearts to love God and the things of God: His Word, His Church, the lost
2. Why are we to meditate?  
Scripture makes it a clear duty of believers  
It is a duty of grave importance  
**Joshua 1:8 (KJV) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.**  
We are to meditate on God's Word day and night  
We are to meditate upon and do  
We will be blessed when we do so
3. When, where, how and matter of meditation!  
**Job 38:7 (KJV) When the morning stars sang together, and all the sons of God shouted for joy?**  
When the birds sing in the night and in the morning  
Any time that you can spiritualize an event that happens or something you see in God's creation  
**Psalms 63:6 (KJV) When I remember thee upon my bed, and meditate on thee in the night watches.**

On thee, Him

David on His bed

In the night watches, when I go to bed, when I wake  
up and before I get up

**Psalm 1:2 (KJV) But his delight is in the law of the  
Lord; and in his law doth he meditate day and night.**

On His law, on His word

Be ready, in season and out of season

**Genesis 24:63 (KJV) And Isaac went out to meditate  
in the field at the eventide: and he lifted up his eyes,  
and saw, and, behold, the camels were coming.**

The where

The place that best suits us for getting alone with  
God and away from the world

Isaac in the field, David on his bed, Daniel in his  
house, John the Baptist in the desert, Jesus on the  
Mountain

**Psalm 77:12 (KJV) I will meditate also of all thy work,  
and talk of thy doings.**

Upon all of His work from creation, deliverance...

**Psalm 119:15 (KJV) I will meditate in thy precepts,  
and have respect unto thy ways.**

Precepts-What God has appointed to be done

**Daniel 4:35 (KJV) And all the inhabitants of the earth  
are reputed as nothing: and he doeth according to his  
will in the army of heaven, and among the inhabitants  
of the earth: and none can stay his hand, or say unto  
him, What doest thou?**

He does according to His will

**Psalm 119:23 (KJV) 23 Princes also did sit and speak against me: but thy servant did meditate in thy statutes.**

Statutes-What the divine law giver has laid down  
**1 Kings 2:3 (KJV) And keep the charge of the Lord thy God, to walk in his ways, to keep his statutes, and his commandments, and his judgments, and his testimonies, as it is written in the law of Moses, that thou mayest prosper in all that thou doest, and whithersoever thou turnest thyself.**

Keep and do His written Word

4. Who is to meditate?

**Joshua 1:8 (KJV) This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.**

Everyone is to meditate

**1 Timothy 4:15 (KJV) Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all. 16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.**

Preachers and teachers of His Word are to meditate

## **Summary**

Meditation upon the Word of God is one of the most important of all the means of grace and growth in spirituality

There can be no true progress in godliness without it  
Meditation on divine things is not optional

The order that Joshua received was not just for him but was addressed to all of God's people

The Joshua text does not stand alone

Listen to these excerpts...

Deuteronomy 32:46, Proverbs 4:26, Haggai 1:7, Luke 9:44, Phil 4:8

It was the praised practice of the saints

Isaac (Gen 24:62), David (Psa 119), the mother of our Lord (Luke 1:19, 51)

Even though meditation is a duty and a great moral and spiritual aid, it is practiced by few

The usual excuse: I am too busy

If all that we are doing is in the energy and power of the flesh it is of no benefit and wears us out

**Matthew 11:28-30 (KJV) Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.**

*A. W. Pink, "God calls you to no manner of life that crowds out the needs of your soul and entails the neglect of your eternal interests."*

William Bates: *"Meditation is the serious exercise of the mind, whereby our thoughts are fixed on the observation of spiritual things, in order to practice them. Meditation is that spiritual chemistry which turns all metals into gold!"*

Again, A. W. Pink: *"Reader! You will derive far more benefit from a single verse of Scripture read slowly and prayerfully, and duly meditated upon--than you will from ten chapters read through hurriedly! Meditation is nearly a lost art. Lack of meditation is at the root of most of our spiritual troubles."*

Edmund Calamy: *"The reason why all the sermons we hear do us no more good, is for lack of divine meditation. For it is with sermons as it is with food--it is not having food upon your table that will nourish you, but you must eat it. And you must not only eat it, but digest it--or else your food will do you no good. So it is with sermons: it is not hearing sermons that will do you good, but pondering in your hearts what you hear, and digesting them by meditation. One sermon well digested, well meditated upon--is better than twenty sermons without meditation! I am confident the great reason why we have so many hunger-starved Christians who are lean in grace and lean in practice, though they hear sermon upon sermon--is because they digest nothing. They never ponder and meditate upon what they hear!"*

## **Invitation**

So what can we do to fix this?

What are we going to do in 2019 that is different?

Slow down, don't meet our people to death

1. The Preaching of the Word on Sunday morning must become a priority

Not just to be here

Be here, reverence the setting and the preaching of God's Word (we, our children-food and drinks should not be in here, there should be no slouching, no hats, and disrespecting this place the "One" and the purpose of this place, the world should be left behind, sports and such (MY "huntin and fishin" escapades) can wait

But to consciously think and talk about the sermon

We must at least decide one thing we are going to do with the sermon (this thinking and deciding will need to be done first think when we get home, or over or after lunch, {my school example})

If we do this one thing, we will be winning

If we would do this one thing we would be better off than being here every time the doors open and not doing anything with what we here

If we want more, by fully into Sunday School!

2. Sunday School

Be there, be prepared (study the lesson, at least once during the week, more often if we can, with the family would be great)

Do the family devotional from the Sunday School lesson (just reading the devotional and talk about the lesson)

Review the children's Sunday School lesson with them

3. Be a Bible Reader

***Today's Assignment***

Today, around lunch, before we nap, before we go our separate ways

Read Sermon notes, all scripture texts, talk about what meditation is, commit to making this sermon review a weekly habit...Text me when it happens!

**Church Calendar 2019**

January 6-Answer's In Genesis Adult Bible Study Begins

February 23-Church Wide Clean-up

March 18-22-Spring Break

April 21-Resurrection Sunday

April 28-Spring Cookout at the Park

May 2-National Day of Prayer

July 14-19-Boy's Campout

July 20-Boy's Manhood Ceremony

July 21-26-Girl's Campout

July 28-Girl's Womanhood Ceremony

October 27-Fall Cookout at the City Park

November 30-Sovereign Grace Conference

December 8-Church Wide Thanksgiving and Christmas Potluck