

Wildwood Baptist Church

April 15, 2012

“Let’s Go Retro: Meditation”

How do you keep your faith fresh?

1. Some look to the newest “fad.”
2. Some look for the next spiritual high.
3. Some look to a person to ignite their faith.

Biblical meditation begins with filling your mind with the Word of God.

Psalms 119: 34; Joshua 1: 8; Colossians 3: 16

Hagah (verb): to meditate, utter, moan, growl, muse, mutter, ponder, devise and speak.

Psalms 1: 1-3

Blessed people don’t:

- Follow the immoral.
- Commit crimes.
- Put down followers of Christ.

Blessed people do:

- Delight in (enjoy) God’s Word.
- Meditate on it frequently.

The Benefits of “Biblical Meditation:”

1. A secure foundation.

Psalm 1: 3 “He is like a tree planted by streams of water, . . .”

2. A productive life.

“ . . . which yields its fruit in its season . . .”

3. A fresh faith.

“ . . . and whose leaf does not wither.”

4. A prosperous life.

“Whatever he does prospers.”

The source of our meditation is the Bible.

Psalm 1: 2a “But his delight is in the law of the LORD, . . .”

The strategy for meditation is relational.

Psalm 1: 2b “. . . and on his law he meditates day and night.”

You can’t understand the Book unless you personally know the Author.

