

20200119 Meditation – The Door to Deeper Prayer

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Based on parts of Tim Keller's book *Prayer – Experiencing Awe and Intimacy with God*

Psalm 1:1-6

Psalm 1 (CSB)

¹How happy is the one who does not
walk in the advice of the wicked
or stand in the pathway with sinners
or sit in the company of mockers!

²Instead, his delight is in the Lord's instruction,
and he meditates on it day and night.

³He is like a tree planted beside flowing streams
that bears its fruit in its season
and whose leaf does not wither.

Whatever he does prospers.

⁴The wicked are not like this;
instead, they are like chaff that the wind blows away.

⁵Therefore the wicked will not stand up in the judgment,
nor sinners in the assembly of the righteous.

⁶For the Lord watches over the way of the righteous,
but the way of the wicked leads to ruin.

1. Meditation promises stability.

Meditation is what gives you stability, peace, and courage in times of great difficulty.

2. Meditation brings the promise of substance and character.

Real meditation doesn't just make us feel closer to God, it changes our life by building our character.

3. Meditation brings blessedness.

HOW do I meditate on God's Word?

A. Connect Scripture to your Mind.

To meditate is to ask yourself questions about the truth you are reading.

- Am I living in light of this?
- What difference does this truth make?
- Am I taking this seriously?
- If I believed and held to this, how would that change things?
- When I forget this, how does that affect me and all my relationships?

*Meditation on a text of the Bible assumes that, through study and interpretation, you already know something about what the text means. To do that, you ask two questions:

1. What did the original author intend to convey to his readers in this passage?

1 John 4:8-11 (CSB)

⁸The one who does not love does not know God, because God is love. ⁹God's love was revealed among us in this way: God sent his one and only Son into the world so that we might live through him. ¹⁰Love consists in this: not that we loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins. ¹¹Dear friends, if God loved us in this way, we also must love one another.

2. What role does this text play in the whole Bible; how does it contribute to the gospel message and move along the main narrative arc of the Bible, which climaxes in the salvation of Jesus Christ?

How do I connect Scripture with my Mind?

Read the Bible text slowly, answering four questions:

1. What does this teach me about God and His character?
2. What does it teach me about human nature, character and behavior?
3. What does it teach me about Christ and His salvation?
4. What does it teach about the church, or life in the people of God?

Another way to approach Scripture is to ask application questions. Look for:

1. any examples to emulate or avoid
2. any commands to obey
3. any promises to claim
4. any warnings to heed.

B. Connect Scripture with your Heart.

Meditation is spiritually “tasting” the Scripture – delighting in it, sensing the sweetness of the teaching, feeling the conviction of what it tells us about ourselves, and thanking God and praising God for what it shows us about Him.

Meditation is also spiritually “digesting” the Scripture – applying it, thinking out how it affects you, describes you, guides you in the most practical way.

Meditation is drawing strength from the scripture, letting it give you hope, using it to remember how loved you are.