

Simon Field

Christian Meditation

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## **Psalm 1 and Meditation**

What should we meditate on?

How regularly should we meditate?

What does meditation lead to?

What is meditation in contrast to?

What does meditation produce?

## **Other Psalms and Meditation**

Psalm 39:3 "My heart grew hot within me; as I mused, a fire burned. I spoke with my tongue:"

Psalm 77:12 "I will reflect on all you have done and meditate on your actions."

Psalm 119:15 "I will meditate on your precepts and think about your ways."

## **Jesus and Meditation**

### *Jesus is our example*

- What should we meditate on?

1 Corinthians 1:24 "Christ is the ...wisdom of God,"

Matthew 4:4 "He answered, "It is written: Man must not live on bread alone but on every word that comes from the mouth of God.""

Matthew 27:46 "About three in the afternoon Jesus cried out with a loud voice, ..."My God, my God, why have you abandoned me?""

- What does meditation lead to?

Luke 6:12 "During those days he went out to the mountain to pray and spent all night in prayer to God."

- What is meditation in contrast to?

Hebrews 7:26 "For this is the kind of high priest we need: holy...separated from sinners"

- What does meditation produce?

Isaiah 53:11 "After his anguish, he will see light and be satisfied."

### *Jesus is our saviour*

John 15:5 "I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me."