

Simon Field / General

Christian Meditation

Meditation according to Proverbs

Deeper Still: Finding Clear Minds and Full Hearts through Biblical Meditation by Linda Allcock (Good Book Company)

Step 1: Lord

Proverbs 2:3 "if you call out to insight and lift your voice to understanding,"

- Start with the Lord-not yourself. The Lord alone gives wisdom-so call out for insight.
- Lower your expectations of yourself and raise your expectations of God.

Step 2: Look

Proverbs 2:4–5 "if you seek it like silver and search for it like hidden treasure, then you will understand the fear of the Lord and discover the knowledge of God."

- What do we learn about God?
- How do we glimpse Christ?
- What did it mean for the first hearers, and for us?
- From the truths you've discovered, pick the one truth that you will use the following chapters/steps (Turn, Learn, Live) to meditate on

Exercise: Romans 5:1 "Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ."

Step 3: Turn

Having picked out ONE truth at the end of the previous step, use the following questions to think about that truth more deeply.

Proverbs 2:2 "listening closely to wisdom and directing your heart to understanding;"

- Expose the lies
 - How does the devil seduce us with the opposite of this truth?

- How does the world persuade us to respond to this truth?
- What are the consequences?
- Explore the truth
 - What do we learn about this truth in the passage?
 - Where else do we see this truth in Scripture?
 - In what ways do we glimpse Christ, his suffering and his glory?
- Turn your heart
 - Confess how your heart feels about this truth.
 - Think about the consequences you deserve and turn to Christ.
 - Believe that you are forgiven and ask for help to change.

Step 4: Learn

Proverbs 2:1 "store up my commands within you"

- Pick a verse or symbol to help you remember this truth. Pray and plan how you will write this truth on your heart-through memory aids, singing, talking to yourself and others about it.
 - Memorise
 - Deuteronomy 11:18""Imprint these words of mine on your hearts and minds, bind them as a sign on your hands, and let them be a symbol on your foreheads.
 - See *How to Memorise Scripture for Life* by Andrew M. Davis (Crossway)
 - Extra handout: how to memorise Romans 5 in 24 days
 - Sing
 - Colossians 3:16"Let the word of Christ dwell richly among you, in all wisdom teaching and admonishing one another through psalms, hymns, and spiritual songs, singing to God with gratitude in your hearts."
 - Talk
 - Deuteronomy 6:6–7"These words that I am giving you today are to be in your heart. Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up."

8 Motivations to Meditate from the Puritans

Taken from *God's Battle Plan for the Mind: The Puritan Practice of Biblical Meditation* by David Saxton (Reformation Heritage Books)

1. Meditation Deepens Repentance
2. Meditations Increases Resolve to Fight Sin
3. Meditation Inflames Heart Affections for the Lord
4. Meditation Increases Growth in Grace
5. Meditation Provides Comfort and Assurance to the Soul
6. Meditation Creates a Life of Joy, Thankfulness, and Contentment
7. Meditation Deepens and Matures a Christian's experience
8. Meditation Improves the Knowledge and Retention of God's Word

"Meditation without reading is erroneous; reading without meditation is barren. The bee sucks the flower and then works it into the hive, and so turns it into honey. By reading we suck the flower of the Word, by meditation we work it into the hive of our mind, and so it turns to profit.... The reason we come away so cold from the reading of the Word is because we do not warm ourselves at the fire of meditation."

- Thomas Watson, *Heaven Taken By Storm*

Psalm 119:97 "How I love your instruction! It is my meditation all day long."