

# **Meditation on God's Word**

*Jim Downing*

## I. Introduction.

A. Words for meditation appear about twenty times in Scripture. Ten times it deals with the Word of God, four times the works of God, and twice the person of God.

B. Forecast: definition, process, and application.

C. Introductory thoughts.

1. Meditation involves the use of the mind. The average human brain entertains about 10,000 thoughts a day. Most of these are small thoughts. This makes meditation a challenge.

2. In the brain if an impulse is repeated enough information is stored permanently stored. Meditation, therefore, is not a one shot exposure.

3. The difference between brainwaves between different people is wider than that of human finger-prints - man is tailor made. This demonstrates that we have a private line with God.

4. An experiment concerning the brain waves of a Christian at death and a non-Christian showed a great difference in energy being released - the Christian's energy was off the charts while the non Christian's was not. He that has not will have everything taken from him, but the one that has (the Christian) will receive everything.

## II. Definition.

A. Meditation is rumination - a cow chews something up and stores it up for later.

1. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.

2. We transfer the life into us in a similar manner through meditation. The words of Christ are the words that we are to feed upon for Spirit and life. (Hebrews 4:12; John 6:63)

B. Christ comes in the volume of the book. Scripture is not a barrier to Christ, but access to Him. (Psalm 40:7)

### III. Process.

A. The Bible is a catalyst. To incorporate the life of God, it has to come from God's Word. Through meditation the life of Christ is transmitted into us.

B. The secret of prosperity is to meditate on the Word day and night. This is the key to the whole process.

1. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.
2. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose.
3. The only legitimate purpose of the subconscious mind is to meditate on the Word of God. (Proverbs 6:22)
4. As you meditate on the Word of God during the night, your life is renewed.

### IV. Application.

A. Give God the night-key to your heart.

1. Do not focus on the problems of the day during the night.
2. **GWLW** - God's Word the Last Word.

B. The last waking thought has to be the Word of God.

1. The time to start your quiet time is three to four minutes before you drop off to sleep.
2. God's counsel stands forever to all generations. God likely decided on the completion of the Scriptures when He had recorded every experience that a man would face. (Psalm 33:11)
3. God impresses in our subconscious the knowledge needed for the next day.

C. Divide the day into segments for meditation. (Psalm 119:164)

1. David wanted to meditate on God's Word all day.
2. He even went so far to be woke at midnight to meditate. (Psalm 119:62)

D. Spiritual life comes into us when we meditate on the Word of God. (Proverbs 23:7)

E. Practical points.

1. Meditate on the Word of God five minutes before sleep.
2. The mind will meditate on it during the night.
3. Continue in the morning to reinforce last night's Scripture through cross-referencing and meditating on the same verse.

V. Conclusion.

A. Meditation helps to ensure the life of a ministry movement - it is a much-needed emphasis.

B. Death is not too far removed from a movement when they depart from God's Word.

Application questions.

1. What is meditation? Why is the use of the mind so important for the Christian life?

---

---

2. Outline the process the speaker suggests for meditation. What stood out to you?

---

---

3. What is your plan? How will you enhance your personal meditation?

---

---