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Okay, so we're talking about biblical meditation and for those who haven't got a book yet, we have three more copies up here. So if you don't have a copy Please come?

You need one Ben. I do. Okay.

All right, so i got two copies of the book. And if anybody needs one, it's going to be up here. So please get it. Read it through the week. Next week we'll do we'll be doing chapter 3 but this is a really good especially on on the sunday afternoons.

Um, but let's let's let's uh, backtrack just real quick and and talk about what we've learned so far. Um, What is biblical meditation? What does it do? There was kind of like a meal analogy. That, that david went over. Decome meditation allows us to digest god's word, right? Um, meditation can heal a believer's heart.

And can settle his mind, right? Um, meditation provides a normal enormous, spiritual value. And we know that satan works against it. Um, meditation is necessary for a growing and healthy believer. Anything else?

I really like how you can chat. First chapter ended with Almost a call to action in some ways. It's not just, it's not just to the isolated or individualized, but for the purpose of Putting into place in our lives. God's word. It's active, it moves out from itself toward Worship of god, who in service energy, Yep.

Um, We also know that those who Have put his will. And to everyday practice by dwelling on his word, they have god's peace in their lives. So, chapter 2, Um, and that is unbiblical. Let me see umbilical forms of meditation. So, i am. I might have this word wrong.

But i'm coming from plink to propose something and i want to see if i can get your acceptance. And then we'll talk about that. The reality is that everyone meditates on something, whether it's right or wrong or neutral, whether it's honoring to God or not, would you accept that as ls right?

That's correct. Okay, password. Um, I would say. Red, that is what would be true. If we weren't trying to not think at all, All right. Everyone. Meditates on something assumes that there's this inner life of the mind inner conversation that we have, which is ordinarily true. But we actually live in a culture In which, whether it's Brain destroying drugs.

Or constant amusements or whatever it is. There's a conservative effort by many to not make it on anything to just shut down that inner conversation together. Okay. Put that in there, so Anybody in his right mind is going to be thinking meditating about something. Um, so what are some examples?

Can somebody give me some examples? Well, let's see. Okay. No, i'm not thinking about specifically yoga or specifically meditation. I think about how just the average person will meditate on something. News that they just watched that morning or Why is it? Money. Then usually i find myself thinking about my word and actually find it.

You know, think about a farmer and a tractor, he's just buzzing around plowing. His feels like well, i've got to do her there and i've got to do that there and i've got to do that there. I think a lot of people particularly younger people, Think constantly of what other people think of them.

Patience and hospital beds. So, thinking about what's going on with their body and, you know, we're going to get up and, and do this and Oscar. 200 successful. I know a lot of people meditate on sports sports Emily. Like ruminating on anxious thoughts and yeah. Yeah. So, we can say that somebody in their, right mind will meditate on something whether it's right or wrong whether it's honoring to God or not.

And it is said that what we think on what we meditate on shows, the conditions of our heart and our and our spirit. Some. Uh, seven verse 14 behold, the wicked things bring forth iniquity. Yes, he can sees trouble and brings forth, falsehood Psalm 36:4, he devises wickedness on his bed.

He sets himself in a way, that is not good. He abhors not. Excuse me, he does not abhor evil. Proverbs 12:2 a good man. Obtains favor from the lord but a wicked. A man of wicked intentions. He will condemn. And proverbs 23 verse 7. For, as he thinks is his heart.

So is he? Excuse me, four as he thinks in his heart. So is he eat? And drink? He says to you but his heart is not with you. So, We can see here. That. Our meditation does tend to direct our thoughts and direct our lives, and direct our actions.

And many christians either don't know. The benefits of of the biblical meditation are they think they can get through it or through their pilgrimage without it? But again, the reality is what. Everyone is meditating on something whether it's right wrong or neutral honoring to god or not. So, let's Let's talk about some on biblical forms.

Of meditation. Um, but before we do that, i've got good news and i've got bad news. The good news is that meditation is really flourishing these days. The bad news is unfortunately, most of what we call meditation, or what most is, what is called meditation today. Is not in god's word.

Meditation has been hijacked. By false religions because Um, And in satan is hijacked it and and due to that. Now, because of that, a lot of christians won't even have anything to do with meditation. Um, Roman catholic spirituality, mysticism contemplative prayer. Um, Back in in the church history, both the Protestants and the Roman Catholics.

Uh, did use a lot of the same terminology when they spoke about. Meditation. Um they they use same words to promote. The use has beneficial. But really that the two systems differ greatly at their core, Um, And what do you think? Some of that core difference is

Whether the core differences is really, is is The problem they had with every other just about every other, Topic in in Christianity is that historic productism has god's word as its soul foundation. Remember the solar scriptura Um, You know, the the roman catholic church has a has a History.

Of moving beyond god's word. Um, So, we know that if we're not being led by christ's light that we're ultimately will slide into darkness And again, everybody meditates on something. And because of the depravity of our hearts, and our tendency for self-deception, Uh, we have to be very careful that what we meditate on?

Scripture must always govern our biblical spirituality in our meditation. If you remember in jeremiah excuse me via jeremiah 17:9. The heart is deceitful above all things and desperately

wicked who can know And we speak of contemplative prayer. Um, And it's more of a recent movement within broad evangelical circles and it seeks to a 68 spiritual experience through some sort of exits that i can't say that word x x.

Next intential. Yes. That's a hard word for me to create extentional encounter with god. But that encounter with god, is a part from his, his written revelation It seeks to have. Um, it's six to experience god's voice apart from his written written word and it is a product of a larger evangelical departure From an absolute conviction.

For the east's, the sufficiency of scripture. And i know we've all seen that even even beyond just at the catholic church and even a lot of our churches, david I was just reading a history of a reformer and that one of the things he said, that, catholic meditation versus the products, it was the catholics tried to be imagined new things.

They were constantly the same things out of their meditation as opposed to the reformers. Meditation was limited to. The discussion. Um, Any other examples that people? Can. With the differences in. The basis of thoughts of the two different types. Okay. Um, And we know that only god's written revelation can rightly lead us, right?

Psalm 119 verse 97. Oh, how i love your law. It is my meditation all the time. The same psalm 119 verse 105. Your word is a lamp to my feet in a light to my path. So, when we move from focusing on god's word, and we're thinking more and more of Existential.

Uh, thoughts and and what? We'll get to a little bit more of that little bit a little bit later, but when we leave the conviction that god's word is supreme and it is holy sufficient for our needs when we get the beyond that and looking for other things, trying to hear god's voice and in something that's um,

That's going to, you know, i don't go there. So Eternally exactly feel like The difference is even though it takes on new names, it's his oldest time. This is man trying to be the arbiter of truth. I will judge i don't need you. God i don't need the way you have prescribed for me to learn your word.

I'll figure it out on my own. And whether i'm going to say i'm doing it alongside the holy spirit, ultimately, i'm the judge of what is right and was wrong. I create my own. Wonderful spiritual highs and my terms according to my Uh what feels good for me or right for me and no one can speak into that because i'm the supreme i'm the judge.

Instead of putting ourselves underneath the word, it's a It's an ab, it's a, it's a, it's a treason against the throne. Well, i'm sure. No. Anyone here will not excuse me. No one here will say that. We are wiser than god. And god's wisdom is ultimate. Our our wisdom is flawed and we have to follow true wisdom which is only in god's word.

We don't have. God talking to people around the world and giving them new wisdom. So we can't say that. Anything that's that's somebody says god told me this and god told me that they have to be very oh we have to be very cautious about that. Um, And that brings us.

From what you are saying to transcendental, meditation, yoga and far eastern religions. Has anybody heard of the, the maharashi mahish? I, i Only older people who do know the beetles. You need is love. Maharashi Mahesh is was as a i don't they he's probably not still alive, i don't know.

But um, he was a A yogi. Um, Of. He was a hindy yogi. Um, and he came up with a whole transcendental, meditation thing. And it's still use widely today as a reaction technique. It, it

brings forth a eight passivity of thinking the emptying of the mind, allowing the mind to settle beyond thought to supposedly pure awareness.

Um,

I have a question of why these pseudo religions in their practices have become so widely accepted today, And what why do you think?

Something that

Like separated from being into religious. Going on a walk. That's not a religious practice, so it's safe. Yeah, i think that one of the wines in here that are really light that points. It kind of dry is In our post-modern world, where Everything is analyzed and modernism before that has told us that we're just Electrons orbiting around neutrons and their zoom leads and making beyond physical.

So many people are cry out the community beyond the physically, and they know that we're not just physically. God, put that. And all of us to see. Yeah. And so, I'm sorry. Yeah, we People today they acknowledge that we are more than just a bunch of Protoplasm in and that we are more than just a material thing.

Um, but rather turning to God's truth, about how to deal with the whole man transcendental meditations substitutes the Um, they substitute empty, spiritual non-religious techniques for christ's truth. Um,

As it has he made heard about lazlo's. Triangle our pyramid, excuse me. Lastly. Right? And and you have your basic needs and as you get more and more you get past, your basic needs, you get to the point where you can be self-aware, you can be self-actualized. Um, And that to the point there is then you go beyond yourself and you're looking at things That.

Your mind is making up. And again, would we say about the human mind? Right, it's evil. And so, what type of things do you think? The evil mind is going to come out when it kind of empties itself and allows all of this to flood in, what's going to happen?

Right. Uh, luke 11:24 when an unclean spirit comes out of a man. It passes through arid places seeking rest and does not find it. Then it says, i will return to the house i left On its return, it finds the house, sweat clean and put in order. Then it goes and brings seven other spirits more wicked than itself and they go in and dwell there.

And the final plight of that man is worth in the first So biblical meditation seeks to fill our minds and our thoughts. Ask her The result, right? Yeah. You sweet. So we get out and then just the bad things are going back in. So, we need to be feeling our thoughts with god's truth.

Not emptying our minds to see. That's going to come in. Um, and i kind of got Ahead of myself here, talking about the transcendental meditation and self-actualization Um,

While biblical meditation sinks to six to think. Um, god's thoughts after him? Um and to be aware that we live before a great and mighty god, who is beyond any mortal plane. So, Tm. Our transcendental meditation thinks that they can That the human can move beyond the mortal plane.

And that really is, is arrogant. Um, We are on this model plane until christ's removes us. Um, there is a 16. 1600's Dutch. Uh, reformed pastor and theologian. They'll hemis, abrocco. He

had a very good quote in this book. Only read it to you. Spiritual meditation is a roulette religious exercise.

That neither consists of idleness nor is it a passive disposition in which we are just recipients. Permitting ourselves to be illuminated about the divine perfections and divine mysteries. Instead, it is an activity in which the soul was occupied and reflecting upon these matters, divine perfections Approving of them delighting in them.

Is astonished about them and quickened by them. Um, Other things. That are. On political meditation is planners of evil. Um, we've already seen that apart from grace, the minds and hearts of following men are wicked, right? And they are filled with dark thoughts. So why would we want to swim around and that stuff?

I wouldn't. Remember some 34 verse 6, he devises witnesses on his bed. He sets himself in a way. That is not good. He does not uphold evil. Should we use on how someone has offended us? Someone has a sin against us. Devising. Evil to pay him back. No. Should we slop around in a swamp?

Full of pollution and corruption. That's what? This is if we're not doing it following God's truths. Should we devise mischief upon our beds or should we meditate? Um, on garden and the things of God. I look back at. Proverbs 12 verse 2. A good man. Obtain's favor from the lord.

That a wicked, a man of wicked intentions. He will condemn. And Jesus tells us in Matthew 5, That we both send in thought in thought indeed. And that the evil begins in the heart of man. And part of that solution of part of the solution that God has given us is medicating on his word.

Filling us with his good troops and forcing out the bad. And then finally, there were meditating on lesser things. So, let me ask you. Our worldly thoughts fruitless?

Produce that they produce a bad parts. Um, so I was gonna say no, but it should all be couched in. Look at this blessing that God is given me, I'm able to enjoy this these things, you know, it's not an independent itself. I'm thinking more of secular worldly type things.

Um, Thoughts that aren't centered on God. Or God's word. I would say that they're, they're fruitless. Of the book says that they're fruitless, Um, you know, getting back to the our first trees up position everyone. Meditates Um, and while some may not meditate on evil or try to practice transcendental meditation, Um, they may be meditating on on matters that really have no eternal value.

So, if we were talking about worldly things that don't have any, um, Um,

Eternal value. Or is that really worthwhile? Is that worth my point? Was that it's not neutral? It's actually it produces a a harvest of rotten fruit, it produces death, not just zero, it produces negative effect. You're not just still in zero. It's like a lot. A 60 year old man who's been in sin, his whole life, Is more hardened.

Um, by the piling on of Rotten descent, then a six-year-old. It hasn't had. A lifetime of bad fruit. That's maybe not in the passage that this section at all. That would that That's my. So I would say in in the author of the book seems to think also that if we're not thinking on God's word, if we're not thinking on God's truths, if we're just if we're meditating on just day-to-day stuff that really doesn't have any eternal value, That were really wasting our time.

You know, we could be Meditating on god's trues and and things eternal. But if we're meditating and i'm sorry, i don't have a good example of what that really would look like, but We do know that if we're not using God's trues and to honor him We're wasting our time, pastor.

So, i think one of the things that we may need help with is, Defining, the idea of the world results. Um, and if we define a define, the idea of a working thought As we thought, that is a part crew god instead of underground. I think that will help us.

We're they're about to think about it. Is, we are meant to see things about God in the creative things. So, that whatever we are considering even from this world. Uh, we are to respond to by glorifying him as god and giving, thanks? But that's the knowledge of god that gets suppressed by worldly thinking Thinking about creating things apart from the creator.

And god has appointed for that, that type of thinking. If you think about things apart from thinking about that, As something in which he actually judges us he gives us over to a reprobate model. If you follow the logic of Romans chapter 1, Um, As opposed to worldly thinking when we think about things in this world.

Under God in response to him. The response is were You know, we we think in ways like some 104 In with everything that we see, we see is this preacher. You see this wisdom? You see this goodness? And then, even when we think about events we think, primarily of The creation is interacting with the creator.

Right. So, the next next week's Opening portion of worship service. These hallway for you that you may give them their food and do season that you what you give them, they get in, you open your hands. They are filled with good. You hide your face there, troubled and so forth.

And it's it's that sort of thinking about your own life, your own relationships, your work, your future in which you are seeing it as an interaction with god. That actually points not just your circumstances into a right perspective. But it puts your responses into a right perspective because now you're responding first to the god who made you and make you for himself.

Doesn't mean that you're out thinking about what you're going to do in a situation or your planning or any of those things. That's the difference between We're only thinking and biblical meditation.

Um,

So, when it seems that our minds are filled with a day-to-day filled with secular things, Biblical meditation is the thing to focus on are the thing that's going to help us focus on things. You know what really matters? Things of eternal weight Um, and satan is is trying to stop us.

Satan is trying. Um, he's seeking up to harm us and to fill our minds with with rotten fruit. So if our minds are fixed on things that are honoring to god, you know, god's truth, we will find that our communion with god improves that you can say some David.

Now, i'm just going to an observation about everything you're saying. Every friday morning, i have a meeting with little people in town and sit around for an hour and talk and about two-thirds of the group are religious but not christian. Okay, we're all the same era. The baby boomer.

We've all been taught. There is no god. There. You know, we evolve some everything in life is random and since God made a man, As part of part of the creation, we we were made to have a relationship with god. And so they played out 40 or 50 years of this nothingness in their lives.

And now they're, they're seeking. As i said, man was designed to have a relationship with god. They're seeking to figure out how to do that and and it's interesting. They don't want this randomness and so they can accomplish things like, you know, we're summoning the divine in each of us and got, it's really very interesting as i sit back and i think how even those that say Don't know.

The god of heaven. How they are seeking god. And and how that consumes their thoughts, just like the god of heaven should consume my God. And how that works out. Well, we're about the time. Was you see somebody have any thoughts? They want to share david? You might get into the sun's not really the whole book, but one thing that i was thinking about, as you were talking, About sort of like why this happens.

The transcendental. Meditations to me seems like a very Um, it's very convenient for Man or man and woman is man. Men to Impassive. To advocate responsibility, because you're supposed to just Be clear of all intention clear of all purpose. Life's supposed to kind of happen to you and you're supposed to react in the appropriate way.

It makes men just feckless. Without. Without motivation based on something real. And then what's worse about it is itself itself. Justifies your actions, you're supposed to feel that way you're supposed to be happy. It just Man, what a great place by the enemy. To get us to a place where so many men do not know where their life is supposed to go.

What you're supposed to do work with their wives with their kids. And they're actually encouraged to be. Uh, point you live pointless. Yep, and we know from god's truth, that that's not what he wants for us, and so we have to follow. True wisdom. Not man, man person All right, anything else?

Well, that's great. Heavenly father. As we look on. This, this idea. Um, physical meditation and Um, Things that Rob against it. We we thank you, lord, for your truths. We thank you for you. The love that you have us to, to give us. These things that really help us.

Uh, to honor you and to understand you and to know you We pray, lord that you would have give us time in our busy lives, that we would be able to sit down and to read your words and to study it and to think about it and how it affects our lives.

We we pray Lord that we would make use of all the good things that you have given us. We pray lower. As as we are ready to leave here and move next door. How that our minds would be focused on you and on your love and on your goodness and on your wisdom.

Lord, that we may honor you and glorify you and worship you properly. These things we pray in christ's name. Amen.