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We're going to go through the third chapter. Other movies. Of god's battle plan for the mind. We have a couple of books up here. If anyone needs one?

Well, let you get your own because i'm fighting off who's without it. Anyone else need a book?

Would you like a ball? I'm gonna let you go get it. So i don't Thank you so much. Y'all will notice i'm not using my best southern manners today, because of fighting the The heat. I thought it. So. Um, Trying not to touch anything or get too close to anyone.

Uh, let us so begin with the word prayer. You've oligod, we do. Thank you that we can gather here today. On this your large day. To worship you. To study about you and scriptural principles. To go in here. Your word red. Song. Prayed and preached. But thank you for the privilege that you have given us to do that.

We pray that we would. Be able to put all other thoughts out of our minds. That we would seek to worship you. Well, We pray that as we. C2. Learn more about biblical. Scriptural meditation that Uh, you would give Uh, your servant the ability to Explain these things and open this up in an understandable way.

We ask this in jesus name, Amen. I was thinking about the Last week's lesson on. Non-scriptural. Meditation. And, What is wicked meditation? I was thinking about, Of course, satan is at the root of all of that. And it made me. Uh, want to remind everyone that it comes to mind that.

Um, Satan's number. One tool is deception. He's always used that from the very beginning of our Right in genesis, and I think it helps for us to stay mindful. Of that, that deception and lies is what. He uses the most. And that's why. All of these forms of non-biblical meditation.

Seem to be attractive to a lot of people. So, as we seek to define biblical meditation, Um, We're going to look at it. In the old testament and the new testament. And we'll also consider. The puritans and what they had to say about it. So, first of all, defining Biblical meditation in the old testament.

They are two. Key hebrew terms that are used. Hopefully i will pronounce them correctly. One is haga. Um, and the second ls, i have more trouble with this and see, yak Maybe i'm hopefully i'm pronouncing that person up. So, Hey guy is used in various places joshua 1 8.

Psalms one, two. And it can be translated as moan. Growl. Roar utter. Muse. Meditate. Device. Pot. Speak or imagine. It seems to be exclusively and internal brooding over something in the heart.

And i was thinking about that as sometimes when we are. You know. We're reading something, we're praying and i think it can be either one, but sometimes when it's a negative thing, i catch myself doing this. So i think that's what it's talking about is it's just those types of words and it does help us to think about what that means.

Uh, meditate, no scripture. Just reading through scripture there's times. You know. When you're reading through something that you, that you've read before, you know you have, but it Your spirit opens it up in a way that You see something you hadn't seen. And a lot of times, there will be A good role type of sound that that comes with.

So anyhow that helped me to think about that here that

Psalm one, two indicates that a parallel expression? Uh, to this kind of a meditation is delighting. Or taking pleasure. In the word of god.

And in this god's word is clear. One's object of the light distinguishes between those who are godly and those who are not, We've talked about this before. But one of the things that, you know, helps us to govern ourselves and to know our fruit and other people's fruit is what we delight in.

I've certainly struggled with that over my life of letting You know, things that are Just not. Not godly things, maybe not necessarily. Anything, but just more of a time waste of not meditating and thinking On things of god and his law.

So, if we train ourselves to To muse to meditate to. Think on. Scripture reading who we're reading through and our daily devotions are. Our family devotions. Um, It is a very good habit to get. Uh, to teach ourselves. To consider. The way the Lord has taught us to meditate on his word.

The second. Term is theoc. Uh, this word is normally translated meditation. And in psalm 119, In verse 97. Oh, how i loved thy law. It is my meditation all day. And again, the book points out that Um, This meditation. Is tied to. What one loves in his heart?

As rind ammo, quote here from a renew. He wrote meditation. Therefore must have this attendant of delight. Which is like a flame. Like the chariot of Elijah. Carries up the soul, in musing into heaven. Say i can then means to lovingly rehearse. Or go over in one's mind. But in contrast to haga higa.

Show you. I can be either spoken out loud. Or said silently in one's heart. It can be translated as talk. Speak complain. Declare. Under. Or pray. David clearly. Um, Explain this practice in Psalm 119, 148, when he wrote And as prevent or anticipate tonight watches That i might meditate in that word.

So, That's a. Synopsis of old testament, meditation. Let's move on to The new testament actually, guess i should ask if there's any questions anyone has in comments. On the meditation. From the old testament. Yes. Faster than two words. Really? Address two different kind of faculties of our knowledge. Right to the first word, addresses.

The affectional faculty. Taking to heart, maybe is is a way that we would say. And the second word addresses are intellectuality. Faculty. So, even when it's internal, it's kind of like speaking out loud in your heart. It sounds like victory but i think you all know what i mean when you're going over something.

And he's convicting me to hear about someone who can't wait for the night. Watch this. Because he knows that he's going to do with all that silence. She's gonna fill it with Bob's words. This, uh, But it's good. Reminder for all your children. Especially as a child, but We're not much better at it as adults.

Usually your emotions, your feelings. Are all wrapped up and what's right in front of your face. Uh, but if you take that emotional feeling part of your heart and say the first great thing, i should be feeling about in every situation is more than this word. That will help you.

As, as you build skill in that not to get upset, not to get anxious. Not even to not get into. Conflict with others that mom and dad or his siblings. Um, But, The bible never wants us to have. Affections, without truth. So, go parts of that, it's good for you.

I know a lot of you are memorizing viable with church or monster truckies. Their dads got you memory memorizing Bible. Um, One of the ways that you get controlled over kind of feeling of your heart. Is by taking control over the thinking. And, and thinking about the words that you are memorizing, Which i know you kids are so much smarter than The then.

And we often are you got that neoplasticity going on and you can nail that bible verse and then just retrieve it. Whenever is necessary later. Don't do that in the oven first. Uh, whatever bible verse you're working on. Yeah, think about it. They're just pull it out whenever someone can equip you Just thank you.

Any other comments? Okay, so Uh, moving forward toward the new testament. The new testament has many different ways of expressing meditation.

Um,

The concept is uh per se pervasive throughout the pages of the bible. And, Philippians 4:8 paul writes. Finally, my brother and whatsoever, things are true whatsoever, things are honest Whatsoever, things are just Whatsoever. Things are pure. Whatsoever. Things are lovely whatsoever, things are of a good report. If there will be any virtue.

And if there be any praise, Think on these things, i think that's a very familiar scripture to us. But again, i think it does. Help to slow down and think about what that says. And, Again, it helps us to train ourselves to train our minds and our hearts. To considerate, consider these things that he sets forth there.

We're going to use another long word here. Here think is translated from Larger zomay. Which means to give careful thought to a matter. Think about consider, Ponder. Or let one one's mind dwell on.

Peter O'Brien wrote that the apostle is calling upon his readers, to let their thoughts, continually dwell on all those positive and wholesome qualities, which he has just mentioned Again, i think those things are things that we know, but i would like to Draw attention to the fact of Um,

You know. Supremely much better. It is to think on god's word and Of the many other things that are, Crowding into our minds on the day-to-day basis. So, we look at considering first Hebrews 11 19 said that debraham abraham was accounting. Or considering. That god was able to raise him up, even from the dead.

From when it's also, he received him in a figure. Likewise hebrews 12 3 commands. Believers to consider the suffering of christ. Lest ye be weary and faint in your mind.

So, i wonder how many of us consider the suffering of christ. On a daily. Hourly weekly monthly. Basis. I have to confess. I probably do not consider that as often as i should. I'm going to. So, certainly happened in. Teaching myself to consider that more.

Hebrews 10:24 and 25 explains that in a local church. Members are to faithfully gather together. To consider one another. To provoke one another. Unto love and good works.

So, did you have something to say or did we move past that? Sorry data? No, i'll say because there's two parts. You gave me another thing. Okay. Is one about suffering, a picture of Christ. Now, i'm not saying this is the example, but i just finished reading the book.

On the light, Dietrich bonhoeffer. And when he was in prison in Germany, you know, it was very interested to see how As a christian. Um so it that is one thing i would say in the other thing that i would mention is talk about meditation that this book is sort of.

It didn't really Give me something new but it helped me systematize this in my mind better. Is that when you encounter, Issues in the christian law. You know, we have challenges living. My bottles did living in Nazi, Germany as a christian. How do you live It helps me to consider.

How do we address this from the word of god? But the meditation also helps because many times, you know, i've been guilt this myself. All of us could take one verse in the bible and justify the position we want. You know, they just take one verse single out. Say i can do this now or this value back.

Meditation on all of those words, really helps you to This whole gamut in of what god is saying in his word to give us the ability to discern. What he really wants us to do and i think for many times when our meditation are guilty of taking one particular piece, you know we already have the answer to what we want to believe.

Uh, we find the versatile finish but you know, medication. Helps you look at all. So Thank you. You can help. So, one other thing that Consider. Oh, Comes from another word. Ketheralia. Which, Directs. One's whole mind to an object. I was thinking about that. How? Easily in our lives today.

It is to have our minds divided. And to Partially think on more than one thing at a time. So i found that helpful. To. To consider it to. When, you know, when we are turning our hearts and our minds to meditation to truly Um, Immerse ourselves in, in the, in the object, in the scripture, in the verse that we're that we're studying studying thinking about There's several more.

Words, pondering. Oh, fitting our mind. One's man or affections. Um, another is remembering. You think about how many times? We're going to scripture tells us to remember, To teach our children and our children's children. Remember what God has done for us. So, Um, before we go into Defined in middle biblical, meditation and puritanism.

So anyone have any thoughts in what thoughts or questions about the new testament?

Yes, mr. Oscar Probably. That. Thousand important. Meditation is to our Christian walks. And how? They only uses.

Sometimes well on things. That are. Do not.

Things that are negative. And that kind of sets the Okay, happens from yesterday. And how we have to really shift and an information battlefield of the line. It is about it because we're bombarded with so many different, so much information.

Our mind is so many cloudy. Yeah, i Any drop of leaf into. Water and how you kind of? Okay, that's how we starting since he was really happy. We have to because imperative Because we

have to stay. Focus. Meditating on god's words. Become. Video off here and there and keep your thoughts are so divided.

It really does lead to a friend. That's, you know, that's probably the biggest reason that we wanted to go through this book after reading it and seeing what it covers. There's not very much that The adults in this room. Don't already know, we're not really covering a whole lot of new ground, but it does really help to remind Um, Us.

Because as you said, It is a battlefield. Um, And it's one that a lot of people are pretty good at keeping hidden from everyone else around them. And, When we consider, Um, Biblical meditation. It's it's possibly one of these strongest, one of our tools and our weapons against satan.

And his Very good ability. To. To change the truth. Just enough So that we go down the wrong road. Um, we are just seemed and that certainly, you know, our biggest So, in prayer. Is that this would help each one of us. Not to be deceived. Any other thoughts?

Yes, sir. The. The word being our sword. The meditating on it, is that That sharpening of that tool. It. The actual warfare. That if my tool is sharp and accurate. When it comes time. I'll have it two more minutes ready to do this job and the meditating is that i can just see myself.

My dad used to sharpen every knife in the house. I need to see him. Work in that thing. On that little Wet stone, you know. Yes, that's a. That is very, very much of the purpose of this is to remind each one of us at how good it is to help us sharpen.

Our weapon. So, moving on to Defending biblical meditation within puritanism. Um, I do like the way that starts obviously, it's like no other movement within church history. The puritans understood of weighty importance of christian meditation. And so they developed and defined it with king precision and insight.

They dealt with it so thoroughly. That Samuel. Ward mentioned meditation in his sermon. A coal from the altar. He commented. It was an art lately. So taught That he did not feel that he needed to take time to explain his practice to the audience. So, You know, is our hope, my hope that we would.

That we would do that. In, in such a way that, that could be said about us yesterday,

Okay. Um, it says The common culture is dedicated to immune.

That's true. That's, uh, Bless mr. Phil he He gives me a lot of encouragement, and He, he does have a wise take on many things and, and He helped me out there, i think i've hammered all around that, but it hadn't actually said it, that precisely in that. Well, so Thank you, mr.

Phil

Um, The puritan definition one is Thomas. Hooker says meditation is a serious intention of the man whereby. We come to search out to truth. And settle it upon the heart. There are many quotes through here. I would anyhow not read this. I would encourage you to Read them because there it is.

Very helpful. Or to consider how these men. Taught. Our own biblical spiritual meditation.

Ephesians 4 reflects. The truth of progressive sanctification that god's people must. Walk not as Other gentiles walk. Or in the vanity of their mind. Having the understanding darkened. But

be renewed in the spirit of your mind. Verses 17 through 24. Paul tells God's people that the battle for spiritual growth and victory.

Is really a battle for the mind. Establish agreed when we are alone. Our care must be that we be neither ill employed. Nor arrow and unfruitful. But that we be taken up with spiritual and heavenly, meditations. This next part of something that i find hard and i'm sure some of you all will too.

This means that god's people must slow their pace. And have time to allow god's truth to sink into their thinking.

Uh, james user. Gives us some godly counsel. To set apart some time for meditation. That the word may be in the grafted into the heart. If the meat that thou eateth be not digested. It will do xeno good. You see the necessity of labor? To retain the word. To digest it.

To make it down. That you may be transformed by it. And as a man's meat is turned to his substance. So the dirt word of god being digested. Will nourish you.

One more thing, we're getting close to out of town but i think this is important, so i would like to run on into it. Um,

Under Puritan meditation, affecting one's heart with the goal of personal application. The puritan meditation never encouraged a life of actionless contemplation or useless, theological speculation. Um, i think i see a lot of that. I'm certainly guilty of. Not taking enough action. Um, and i think that it is a challenge for each of us.

So it would be, you know, helpful to go over that.

To bring a person to the point of personal application, practice and resolution. The puritans taught that the mind must rightly consider the truth of god's word. Clarifying, the use of the man in meditation. Oliver haywood, wrote. No, this is not a mere exercise of the mind. And memory about good things.

Little working them upon the house. The impressing of these things on the will, and affections. Is not nearly speculative, but practical. So to end, Thomas minton wrote meditation, is that duty or exercise of religion? Or by the mind is applied to the serious. And solemn contemplation of spiritual things.

For practical, use and purpose. If we want our practice in behavior to change in a lasting way, Then there's no better way for this to happen. Than to begin to meditate on god's. So, does anyone have? Even more thoughts on this before you wrap up.

Okay, let us close with the word prayer. Well god, we do thank you for this time to consider this subject of meditation. And done rightly before you As you've given us many examples from scripture, We pray. Father that you would use these things in our hearts in our lives to Seek you more and more each day.

We pray Father, as we continue in our worship of you. That you would open our hearts and our mind. That we would be able to worship you inspiration, spirit and entry. We ask these things in the name of our glorious savior jesus christ. Amen.