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If you hadn't picked up an outline for this morning's portion, it's Uh, basically the second half of chapter 6 in the book.

And if you don't have a book or if you would just like to borrow one for the class period, there are a few more up here. That. That you may take or borrow as a case may be. But there are Uh, sheets on the back table. They don't mind the the teaching for the second half of chapter 6.

One of the things that I would recommend for this book, Not so much that you meditate upon it. The way that you had meditate upon scripture that meditating upon scripture is of course, And an act of worship. Uh, first and foremost. Uh, but the book still Reads a little bit like his thn thesis.

Uh, the gathering together of For all of the quotes and all the From all the different pyramid, men. On biblical meditation and it's not poorly arranged or anything like that. And There are moments of Application and advice. But many of the quotes themselves.

Are dense, meaning. The. The quote may just be a sentence and a half long, but each phrase Uh, requires some thought to really understand. But that man was saying, and what? Saxton. Is saying. So, what I've done is I've Uh, I've not really included very many quotes. As we're going to consider it together this morning, but I have Tried to give you a Thematic outline.

The two main sections that will be covering, are the importance of consistency. In meditation. Um, This is different than, by the way, the important to feeling importance of feeling guilty about inconsistency and meditation. This is designed to. To help us to spur us. Uh, on that. If you do not consistently meditate on scripture, you would begin.

Now, you would begin today. What is a better day for doing that than the lord's day? Uh, you will be helped. In the assembly to do so. So long as you are here. And then, Hopefully in whatever small society is smaller societies. Uh, you withdraw to when you are done in the assembly.

And of course, The smaller society, most of us will have a draw to is To our household, our family. Then we will be helping and helped by one another to to meditate upon scripture. This is the day for that. Um, So begin today and then continue tomorrow. And so forth, but The importance of consistency.

And then, Uh, steps in beginning, effective meditation and it's basically a how-to. The things that should not be left out whenever we come. To meditate upon the bible. And I hope to help especially the children, although there may be some Some here who are in the place that Uh, That I was probably.

Love it. Up until I started meeting some of these older men and seminary. Now, people told me that I should have a bible reading time growing up. People told me that I should have. Uh, daily devotions, no one walked me through what that looks like and why and how And so, there was a big part of my interaction with god.

That was left. Sadly to my personal ignorance. And in the place of knowledge. Was sentiment. Uh, so i would come and i do my devotions and some days i would really feel warmly about god and i would feel like i got a lot out of it. When it was primarily a warm feeling.

And not that, there's not that, that feeling is wrong. Uh, you do actually get to spend time with god and and that should affect you emotionally. Um, But if you're not Interacting with god in the means that he has given us to do. So. Over the truths. That true way or the the true presentation of himself that he gives to you in the bible.

Uh, then we run the risk, and i'm sure that i did this many, many times in my life. Of having feelings about ideas or feelings about figments. Not actually interacting with the true living god. Or to a large extent not interacting with him but he mercifully draw near to me anyway.

Uh, because Our. Ignorance, and our sinfulness. Is not so great. This is mercy. But i was not taught. How to meditate upon the bible. So up, the children in particular will be paying attention and i will try to remember you in particular. As we talk about importance and consistency and meditation.

Uh, and the steps for beginning effective meditation. The first thing that makes consistency and meditation important to because God says, so, On his law, he meditates day and night, he says about the blessed, man. And we know that the blessed, man, of course, is christ. None of us with a right spirit.

Assisted view of ourselves is going to read Psalm 1 and say, oh yeah, that's a great portrait of me. Um, no. Uh, it is a portrait of jesus, but praise god. Those whom he joins to his son whom he saves, by his son, he can forms to the image of his son.

And so it will be more and more the portrait of the believer who has come that way. First by the, Entrance that we have at the end of psalm 2. Kissing the sun yielding to him for righteousness. Like we're going to Hear about midweek sermon this week. Blessed are all who place their trust in him.

And so, we come back to to psalm one, And we hear that god says, you should meditate on his word day and night. It's not just a rhetorical poetic flourish. Uh, it's not only a Uh,

Mirrorism where like, we say from a to z or front to back day and night. You name the book ends in it includes everything in between but there's also very specifically what God has given evening for and morning, for And whether for us individually. Or as families, but He made us to be people who have to lay down and rise up.

Uh, For us to function. We need to be unconscious for approximately a third of our lives, which is wonderfully, humiliating. Uh, although we don't take the hint and we're still too self-sufficient and too proud god forgive us. Uh, but one of the things that he's then, given to us in doing that is he's built in.

Uh when you rise up times and when you lie down times and so the bible teaches us that we are supposed to meditate on his work day and night. Uh, children who have not yet professed your faith. When you come to profess your faith, one of the first questions, perhaps, the first question that you will be asked, is Why?

Do you want to confess Christ before men? Why do you want to come to the lord's table? And the first great, easiest answer is because god said so, Now, goddess, merciful he wants us to be motivated by truth. He wants us to be motivated by love for him. He wants us to be

motivated by A right view of ourselves and our neediness he wants us to be motivated by promises that are attached to the performances of what he says to do.

He even mercifully motivates us by threatening that are attached to what a what is wrong. Uh, motivations are complex. Uh, if it was only ever right to do things, Uh, Out of Out of Uh, near. Entirely out of near. Uh, love for god, which that ought to be the first and great desire.

Uh, in each of us. But if it was wrong to have Other motivations underneath that and subsidiary do that, then the lord would not motivate us with all of those things in the bible. Um, and yet God said, it should always be enough for us. I don't have to understand.

How. And why? In order to start doing something that God has said. It is good for me to continue learning how and why? And for instance, many of you have had that experience with Sabbath keeping in the way instructed, the end of isaiah 58 really in the way instructed in Genesis 2, and in the The two great commandments, especially as the first great commandment climaxes with With the sabbath and all of those things, but many of you have had the experience of Uh, god says, so being good enough to make a start in it.

And you have found that just as he said, calling the sabbath. Uh delight. Has led to. Uh, delighting in the sabbath and delighting in the lord. Um, So meditating consistently is important because the bible teaches it. Meditating. Consistently is important because it improves meditation. The first time you do something.

Uh, you Uh, do not have the same experience of it as the 10th, or the 100th, or the 10 thousand. Time that you do something. So many of you have had this experience with lots of different things in life. Rather athletics or music or arithmetic.

Um, And so, there's a quote on page 57. Uh, to 58. In fact. This was the typo. Did y'all?

Yes, at the top of 58, like most other, it should be other not others. Things in life meditation like most other. Uh, things in life, i don't know. Why i enjoy finding typos? That. It's kind of like God's blessing for paying attention, right? Yeah, you feel like he helps you see something.

Um, meditation like most other things in life requires practice. The more consistently the believer practices. The greater success. He will have in it. Those who gain the most from sermons. Are those who most consistently hear them. And those who gain the most benefit from meditation, are those most practiced in it?

Um, We have bonus. Bonus offhand line there. On the sermons, he was already a minister when he was doing his THM. I wondered, If he was, Getting at the time complaints about, you know, from people, not getting things out of sermons. Um, but those, of course, were the same people who only attended one sermon a week and couldn't wait for it to be over and barely paid attention while they were under it.

Uh, the more sermons you hear The better you get at hearing sermons. Well, just being bubbly, present, doesn't enable you. But the most sermons, the more sermons that you give yourself to hearing the more you become skilled in the, in the practice of interacting with god and his word creature, giving your heart and mind up to the scriptures as they're being opened and proclaimed.

Um, Yeah. I think we've mentioned on some occasions. That. Yeah. In geneva under Calvin you could hear seven sermons a week. There were, there was during the further reformation our brother. Uh, christian sent me a passage out of a book that he was reading on the Dutch's

brother Reformation and there were cities in the netherlands in the early 17th century where the reformed church has got together and agreed to stagger their surface service times.

So that someone who wanted to could begin hearing sermons early in the morning and go from church to church and get five. Six seven servants. One to the other and just sit under God's word all day long in the worship of god. Uh, phil Well, if you're going to use your worship booklets and pay attention to it, You will have nines of opportunities.

Um, just from the world.

All the minister needs to catch up and actually. Finished the devotionals and time for them to be published in the book. But Like a verdict Texas, there is and praise god. The more we use the bible and this is the point not just in sermons. But especially in personal meditation.

Upon God's word. The more we do it, the more God blesses it to us. The more we get out of it every time. Uh, there's a similar mutual reinforcing. Um, You know, the as you read each text in the bible, You need to read it in the context of the hole, the better, you know, the hole, the better, you will know each text but as god grows you in the understanding of each of those texts.

Get what? Guess what? You get to know better and better the whole And so there's that mutual reinforcing well. So it is with our times. Of meditating upon has worked and He gives a quote. I don't remember from him. It's not a point, one of the Uh, one of the mistakes that you could make coming away from the book is To think that it's a book about all these men that he quotes.

They're just helpers. Um, The vast majority, if not all of them would be horrified to To be lionized themselves. I don't know if you ever see. Little documentaries on the Reformation and they always show the four statues of the reformers who would have had Uh, varying responses from revulsion to demolition.

Um, depending on which of the four you're talking about, Um, at the at the four statues. So he quotes someone and he gives at least these three words in which meditating upon the bible more. Enables us to meditate upon the bible more profitably to get more out of it.

And so children. I hope that as mom and dad, teach you to do hard things in life. Uh, you never when you come to some new thing, or some newer thing because of the difficulty of the thing, Uh, decides that it is not worth doing. Um particularly if mom and dad have told you that it's worth doing, which just put some obligation on mom and dad to do this, only with things that are worth doing.

Uh, but the greatest thing that is worth doing. Is meditating upon the bible. And if you find it hard at first, do not be surprised that just means you are not Jesus. Every single one of us. Have had a part from price but not apart from Christ, other than Christ.

Well, i guess it is apart from Christ. We find it impossible. But every single, every single one of us have had the experience of it being very difficult to meditate. Well upon the word of god at first. In part because we don't know about god very well. Uh, we don't know.

The wonderful truths and doctrines. That are so rich. And so important blood has been spilled over them not just Because people like to spill blood, although that is true and happens sometimes in church history, About blood has been spilled over truths, about god, and about Christ, and about his church.

About the way that we are saved. Because these are things that are that valuable. Well, if one of the reasons that we don't get much out of meditating is that we don't know theology about god very well. Well guess what is one of the things that you gives you by meditating upon his word?

He gives you to understand more clearly more. The more thoroughly the truth about himself, but it's not just knowing about him to whom we come. When we meditate upon his word, There's also the benefit of knowing him himself. Because he's a person. He's not an idea. He's not a theory and Of in higher mathematics, he's a person.

Uh, jesus and the fellowship that he's been having with his father, as he meditates on the bible, in the wilderness, and the devil comes, he says, if you are the son of god, He could have just stopped right there. Because he's been meditating upon scripture as what did jesus say about scripture from scripture.

Man doesn't live by bread alone but by Every word that proceeds from the mouth of god. And so jesus isn't just remembering things about god, and learning growing in wisdom, he did that too, didn't he doesn't he In his humanity, he's not just growing in knowing things about god.

He is, knowing god himself, he's enjoying the fellowship of god. Well, if we don't know, god that well, You know, each of us knows different people to different, extents. Uh, there are some people that we are acquainted with their name. There are some people that we have interacted with a couple of times.

There are some people that we are occasional friends with. There are some people that we have the fellowship of our life with and our household. There is one person. With whom we are or hope one day to be. Or have been as the case. May have been. One flesh and we have a shared life.

Well. There is also. Different. Levels of or i continue in love of knowing god himself. Some of you have read. Packers book, knowing god. Uh, i think it opens. With an illustration of a conversation, he had with a man who Um, i forget if he was just expelled from the faculty of a seminary or experienced, some rejection of some sort and Um, Dr.

Factor was trying to come for him. And his friends kind of rather simply said, Well. It's okay. He i forget what i can't really paraphrase what he said but the implication was that he was more than compensated. By knowing god himself. That it wasn't just arguments about god. He knew god personally.

Well, one of the things that often bothers us, when we come to meditate upon god's word, when we come to have devotional times as That we don't seem to know anyone at that time. We feel like we are alone. Or we can't get our minds going. When we try to pray, we can't even Collect the thoughts that we should be praying or form the feelings and And we try and make some words but they come out of our mouths and think to the ground like lead And we feel that we have no knowledge of god.

Well. Meditating upon his word is how god gives you to know god and the more you do it, the more you know him the more profit you're going to get. Out of meditating upon his word. But if you if you make, if it's false start after false start, Yeah.

Yeah, fire it up and you, you know, jerk the car forward and it dies. All you're going to do is, Uh, during the battery. So the more we meditate on this word, the more we know God himself the more we meditate on his word, the easier. That we find it to do so.

And that goes back to the skill, building idea. We need more. Knowledge of god more. Fellowship with him. And with the truth about him, Then merely that will make us able to be conversant. Children, if you are primarily focused on what other people think of you, Then you will be satisfied to know your catechism and to know your memory verses to be able to give a couple phrases of a good answer when somebody asks you But don't be focused on what other people think of you.

Be focused on knowing god himself. Desire to meditate upon his word with so much consistency day by day. That. What you are receiving is not To be accepted with others at church and approved of by your parents. But to have god himself by his word. This is what we're going after and this is something that does not come.

Apart from Consistency. Day after day. Hopefully, morning and evening. It was very interesting that he sneaks into this portion of the chapter. He's already done at what time should we meditate? And he was like, the most said in the morning, others said in the evening and then he he comes in this section and he says, They almost all say to begin, and end the day with it.

Then he says, modern believers will find this over scrupulous Well. You almost want to put the air quotes on? Well, that's not air quotes. It's in the book almost but want to put quotes on the word. Believers. Don't you? I we can substitute modern for Uh, immature atrophied. Gross, stunted.

Barely

I mean, Just stick eating in instead of meditating upon god's word. The the most puritans said you should eat in the morning and in the evening. And, You know, modern. Eaters. Find this over scrupulous. Oh, that's too much eating for me. God gave us mornings and evenings for a reason.

Um, Find the way through to do it. He uses the illustration. I didn't put it on your outline. Of. Hannibal and the mountains and That if there was not a way through the mountains to be found, than Hannibal would make a way through the Uh, through the mountains. And that if the heart cannot find the time or The ability to meditate upon God's word that we should.

We should. Make the way. This is something that is almost always true. About the The time or busyness. Um, Um, Complaint isn't exactly the word difficulty. Um, We will make the time for the things that we care the most about. And as americans, We will find the money. For the things that we care most about.

But we should make it the priority of our hearts. To meditate upon god's word, the priority of our day. A good heart will find or make its way over mountains of difficulties and business. To have communion. With jesus christ.

And then he closes that section with some consequences of Whoops, there's a type of my own Some consequences of. In frequency or lagging. Uh, It makes the sole lose. It's familiarity with God. It becomes a stranger to us again. If you have lapsed in, Uh, in consistency, with meditate of meditation with m and you feel like you can't do it because you feel back badly about how long it's been and it becomes easier not to Well know, that god has ever gracious that the cross is not run out of atonement that the spirit who is a seal, unto you unto the day of redemption has not left you or given up on you that your union with christ has not.

Uh, has not been Recalled by god. Just know that when you come to him, you're going to begin with repentance, you ought to begin as As the next section teaches, every time with prayer, looking to god, for help. Uh well one of the things that you're going to do, then the if

you are backslidden, if you hit become inconsistent and need to start again, is when you come and pray to god for help the next time you're going to do so repenting.

Uh, you're going to do so embracing his forgiveness in christ rejoicing. Uh, that he has not all abandoned you. And runs and falls on your neck and kisses, you Not just like, Um, Not just like the father with the prodigal in luke. Uh, but like jacob with joseph. Whom he thought was dead.

And sees him and goes running. Kisses him. Um, Another consequence of infrequency. Uh, we get to be out of practice. And so we come back and we hardly know what we are doing and it we have to rebuild the skill. Uh, we'll another consequence. We lose our inertia. And the christian life.

Now, we are not like god who is not subject to change, we are subject to change. And there is such a thing, as The spiritual inertia in walking with the lord. Um, Try to. Get into the next part now. Steps in beginning, effective. Meditation meditation. Is no help to us.

Apart from the helper with a capital h. In other words, It cannot be a means of grace apart from the god of grace. So we're going to be treating the bible as words proceeding from god's mouth fellowship with him. In it. We're going to receive christ himself as the angel, the messenger.

Of the lord, the great prophet, the word himself. Who is god? God, the son

And there's a lot there. We don't have time to do the biblical theology behind those verses and what that means for having Christ as your profit. Uh, but the spirit in particular, Uh, the lord jesus has given us. To help us in his word. And so, Don't come to any sort of bible study.

Without coming to the god of the bible. Look to him. To work by his grace through the means of his grace. Uh, choosing a topic to meditate upon he touches on page 61 Make sure your meditating on the bible itself, not just a doctrine that can be found in the bible.

If it can be found in the bible, meditate upon the text where it's found. Um, the best way to do this is Uh, to work straight through the bible. One of the one of the recommendations he gives is that you don't try to take on too much and there are two good ways to do this.

Uh, kids when you're you're doing your devotions one, you can have a set amount that you're going to read. And just kind of make mental, or even physical. Uh, or digital maybe. Notes as as you go along. And in the set amount that you're going to read, make all those notes and then when you come to the end of it, go back to the thing.

That struck you most from. Some part of that reading. Uh, the other way is you don't actually have to have a set amount. That's not something that the bible says you have to do now, you know, it doesn't say one chapter a day, two chapters, a day, seven, chapters, whatever.

Um, You read until you find something. That is an important truth and you realize that it's an important trip again and you stop there. And you start reflecting. Upon that particular truth before the lord. In the In the ways that are described under sea, And d here. That we bring ourselves under the examination of the scripture.

We're not just examining scripture. To learn things about it. But we are being examined by scripture. To have our. Our thoughts exposed our affections exposed our choices, our behavior exposed by the bible and interacting with god, Um, over that. And so, it's good for us to identify what is Uh, lacking not only, oops, another one.

We don't want to confess sin. Sorry, it was late last night when Did this? Identifying what is liking is not only useful for confessing sin. Of course, we want to confess where we haven't been thinking or feeling or acting the way that we all want. And not just for resolving after new.

Righteousness, of course, we should vow to God. Just like when you're listening to preaching and you hear something that exposes, Uh, something or Or set something before you that you have not been been doing and you make that vow to god, in your heart as an act of as an act of worship.

Um, So also do in your meditating upon scripture before him. Uh, day by day. Uh, but that third part is, Particularly important that we cast ourselves upon the lord in a specific way. We all know, i hope. That you don't just begin by faith in the christian life that you walk by faith.

In the christian life. That you continually express and have experienced this dependence upon him. Well, we're not. We're not even consistent in how we depend upon him, and one of the things that will help you to depend upon him more consistently, is to depend upon him more specifically. So as you meditate upon his his word and you have some particular thing exposed and you make your you resolve yourself or purpose after some specific thing, you also depend upon him.

For that specific thing. Not just lord help me be a better christian. But, Lord. Help me receive my little sister as an assignment from you. So that i will desire. Uh, your Grace in her life and not be bitter in my heart. But see difficulty between us as an opportunity to be used of you for building her up.

Lord help me to do that. And then you're, you know, that concrete specificity because something that comes up, you know, 13 times by lunch. And you build that dependence upon the lord as specificity. Enables consistency. Um, I think c2 is self-explanatory, but would take Another 15 minutes to Uh, to work through.

Each of those things and how to be motivated. And then conclude with personal application and more prayer. I think those things are self-explanatory as well. Um, Do note, under d. Number two, Where he says, without this thought toward application. The resolution of believer, could ironically, find himself going from meditation on, christ's love to angrily yelling at his spouse and kids.

Uh even with this thought towards application and resolution a believer can find himself going that way. Um, but If we are not resolving towards god, And crying out to him for it. Uh, then Um,

Then we have no one to to. Then we have ourselves to blame. For not having made good use of his means as well. Meditation is not a thought experiment. It is a time. Of planning your life. Experiment. And then, I don't know many of you well probably no one.

None of you are feel as awkward as i do on phone calls and and such things but don't just leave god hanging. Like you meditate upon his word and you look at your watch and time to quit and just run off. Take your leave, take your leave of that time of in fellowship with him.

Well, Close with prayer. Thank him for what he's done. Ask him for his help as you as you go from him. Enjoy his blessing. Uh, you have come to him in christ. He has been favorable towards you in christ. Uh, very similar to what we do at the end of the service, isn't it?

That we have a prayer in which we kind of tie it all up before, god, and go out with his blessing. Um, Conclude your meditation times. Well, Right. Thank you for Uh, listening quickly as it were.

Let's pray. Our gracious. God no, heavenly father. We pray that you would help us to put this into practice.

That tonight. We would meditate upon your word. Well, thank you. For. Varied and rich diet. Of your word that we get on these lord states. I pray that you would help each one here. By your holy spirit, that There would be something from your word that he brings home.

To the mind of the heart. In a way that is, Um, Is powerful. And That leaves an impression. And that you would give them then recall of that when it comes time to close the day. That they might close the day. Well, With meditation upon your word. Help us.

Oh, lord. We Are not just individuals. Who are out of practice? We are an entire generation many generations. Of your church. Who have had precious little fellowship with you? Knowledge of you walking with you. Have mercy come. By your spirit and Pour out life-giving water. From your word and your spirit upon the dry ground.

And cause there to The growth and fruit again. Entire enjoyment of you and to your being glorified in your church. You are being glorified in your son. And his name, we ask it. Amen.