

Biblical Meditation

O how I love thy law! It is my meditation all the day.

Psalms 119:97

For the past few decades there has been a growing interest in various forms of meditation. It has permeated many areas of our culture in hopes of finding inner peace, better focus, and self-improvement. Most of these forms of meditation have their root in Hinduism and not the Bible. Biblical meditation directs us to focus the attention of our “inner man” on God’s word and His works.

Meditation is a topic you will find woven throughout both the Old and New testaments. In Romans chapter 8 we are told that to be spiritually minded is life and peace, and through proper biblical meditation a deeper sense of spirituality is developed. Joshua 1:8 tells us the benefits available to us as we dwell on God’s word throughout the day. His word convicts, guides, instructs, and inspires us to follow the path the Lord has set for our spiritual prosperity. In Psalm 119, a tribute to the many attributes of God’s word, we find seven verses that directly instruct us to meditate on His word. As we meditate and dwell on the Word, our spiritual focus becomes more acute helping us to see things from our Heavenly Father’s perspective. If we allow His word to impact our hearts, problems will not seem as difficult, fears will not be so binding, hope and faith will increase, trials can take on a sense of purpose, and we can learn to look beyond a person’s exterior to have a greater level of compassion for their soul.

In Psalm 145:5 we are told to meditate on all of God’s works as well. It is important for us not only to muse on the recorded works found in the scriptures, but also to reflect and dwell on the mighty things He has done in our own lives. Simple and common things that occur daily in our lives should not be overlooked, for these also testify to the goodness and faithfulness of our Lord.

So today is another day to develop our spirituality by meditating on His Word and His works. May His purpose be fulfilled in us to His glory.

JDE