

## Meditation on the Word

*I will meditate also of all thy works, and talk of thy doings. (Psa. 77:12)*

A type of Bible study that is most \_\_\_\_\_ is that of Biblical Meditation. Its difficulty does not come because a special \_\_\_\_\_ or study \_\_\_\_\_ is needed. Rather, it is difficult because it \_\_\_\_\_ more than just a working knowledge of the Word of God. Equally, its requirements cannot be purchased nor be copied from others. The results of Biblical Meditation are unparalleled. It will \_\_\_\_\_ the heart of the downtrodden, \_\_\_\_\_ the heart of the haughty, \_\_\_\_\_ the heart of the hungry, and embolden the heart of the \_\_\_\_\_. This type of Bible study has great \_\_\_\_\_ (Josh. 1.8).

### WHAT IS NEEDED

In order to meditate on the Word of God there are many things that a saint must possess:

- \* \_\_\_\_\_
- \* Personal \_\_\_\_\_
- \* \_\_\_\_\_ of Scripture
- \* \_\_\_\_\_ of Scriptures
- \* Knowledge of the Attributes/ \_\_\_\_\_ of God

### WHAT IS BIBLICAL MEDITATION

When some think of meditation, they associate it with the transcendental meditation (TM) that was made popular during the 1960 and 70's. This \_\_\_\_\_ technique originated in \_\_\_\_\_ (rooted in Hindu) and was taught by Maharishi Mahesh Yogi. This eastern mysticism involves the use of a \_\_\_\_\_ that is silently repeated often during 15-20 sessions.

Biblical Meditation is not at all associated with TM! The basic desire of TM is to \_\_\_\_\_ the mind. Biblical Meditation is \_\_\_\_\_ the mind with the Words of God. Biblical Meditation is \_\_\_\_\_ (Psa. 119) and \_\_\_\_\_ (Phil. 4) throughout the Word of God.

Essentially, Biblical Meditation involves "\_\_\_\_\_ with oneself" about the \_\_\_\_\_ of the Word of God. It is contemplating, \_\_\_\_\_, and \_\_\_\_\_. In Philippians, we are commanded to "\_\_\_\_\_ on these things (Phil. 4.8). This has the idea of reasoning, concluding, \_\_\_\_\_, and \_\_\_\_\_.

Biblical Meditation is WORK! It is to stimulate the \_\_\_\_\_ with disciplined thought on the passages of the Word of God. It develops a ledger in which the \_\_\_\_\_ of Scriptures are stored.

## HOW TO MEDITATE

There are several ways to meditate on the Word of God:

- \* Start with a \_\_\_\_\_.
- \* Start with a \_\_\_\_\_.
- \* Start with a \_\_\_\_\_.

### BIBLICAL EXAMPLE #1 (Psa. 119)

- \* ...in thy \_\_\_\_\_ (v. 15/78) – Things enumerated.
- \* ...in thy \_\_\_\_\_ (v. 23/48) - Something He decreed.
- \* ...talk of thy wondrous \_\_\_\_\_ (v. 27)
- \* ...in thy \_\_\_\_\_ (v. 97) - The Word of God in general or specific.
- \* ... in thy \_\_\_\_\_ (v. 99) - A witness that is given (The Ark of OT).
- \* ... in thy \_\_\_\_\_. (v. 148) - Refers to commands or substance of Truth.

### BIBLICAL EXAMPLE #2 (Psa. 77)

Asaph (also the Psalmist for Psalm 75,78) was under great \_\_\_\_\_ and he could not \_\_\_\_\_. He was resigned to \_\_\_\_\_ God and His works (v. 3, 6, 11). He then begins to ask himself some \_\_\_\_\_ (v.7-9):

- \* Will the Lord \_\_\_\_\_ off for ever?
- \* Will He be favourable no more?
- \* Is His \_\_\_\_\_ clean gone for ever?
- \* Doth His promise \_\_\_\_\_ for evermore?
- \* Hath God \_\_\_\_\_ to be gracious?
- \* Hath He in \_\_\_\_\_ shut up His tender mercies?

He then meditates on the \_\_\_\_\_ of the Lord (v.11). He begins the accounting, and \_\_\_\_\_ (logic on fire). God came into \_\_\_\_\_ through His works.

- \* Thou art the God that doest \_\_\_\_\_.
- \* Thou hast \_\_\_\_\_ Thy strength.
- \* Thou leddest Thy people like a flock... (v. 20).

From a sleepless \_\_\_\_\_ of distress, Asaph, through Biblical Meditation, was given a \_\_\_\_\_ for God's people in which their \_\_\_\_\_ could find \_\_\_\_\_.