

Three words that capture the heart of John 6:

Believe

Food

Eternity

Meditation

The Ultimate Refresher

John 6 / Psalm 1

Psalm 1

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

4 The ungodly are not so: but are like the chaff which the wind driveth away.

5 Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous.

6 For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.

THE PICTURE

Contrast between two: ways of life
sources of counsel
mediums of influence

Illustrated with by the difference between:
a Tree and Chaff

The world finds pleasure in Wicked Advice, Sinful Path,
Arrogant Mocking
God's refresher is Meditation, "The Ultimate Refresher"

*Nothing will revive and restore us like spending quiet time
before the Lord. All other means of refreshment are only
temporal and temporary.*

THE PROBLEM

Our selfish human hearts don't naturally like to submit to God's way.

We naturally think about ourselves, not the things of God.

Our hearts meditate on something

Our earthly values (v.1) or

God's direction (v.2)

“Be assured of this: your sins must be your meditation, then, if Christ is not your meditation now.”

-Charles Spurgeon

THE PRACTICE

If you know how to worry, you know how to meditate.

ÿ Eastern Mystical Meditation –

Clear the mind,

Center in on the core of your being

Self-oriented

ÿ Biblical Meditation –

Fill the mind with the Word,

Focus in on the character and attributes of God

Ps. 46- *Be still and know that I am God.*

God-oriented

THE PRACTICE

Three Enemies of Meditation:
Noise, Hurry, and Crowds.

Purpose of Meditation:

to allow God's Word to transform us; to truly become a part of us. (James 1:21)

The Danger of not Meditating:

we will reduce our Christian faith to nothing more than intellectual assent.

Meditation is the means by which we allow the truths of God's Word to become reality in our daily walk of life in the most practical ways.

When shall I meditate ?

Ps 1:2 and in his law doth he meditate day and night.

Ps 63:6 I remember thee upon my bed, and meditate on thee in the night watches.

Ps 119:97 how love I thy law! it is my meditation all the day.

Ps 119:147-148 ... the night watches, that I might meditate in thy word.

Ge 24:63 And Isaac went out to meditate in the field at the eventide

Jos 1:8 but thou shalt meditate therein day and night,

What should I meditate upon?

Ps 77:12 I will meditate also of *all thy work*

Ps 119:15 I will meditate *in thy precepts*

Ps 119:23 thy servant did meditate *in thy statutes.*

Ps 119:48 I will meditate *in thy statutes.*

Ps 119:78 I will meditate *in thy precepts.*

Ps 119:97 how love I *thy law!* it is my meditation
all the day.

Ps 119:99 *thy testimonies* are my meditation.

Ps 143:5 I remember the days of old; I meditate on
all thy works; I muse on the work of thy hands.

The M.A.P. Method of Meditation

Jim Berg - *Changed into His Image*

Find a portion of Scripture that addresses a problem you're facing or a Bible truth you want to master

Memorize

-Will happen automatically if 2nd step is done thoroughly enough.

-Can be accomplished with practical help.

Ex. - Write down 1st letter of each word in verse.

- Ps. 119:105 "T w i a l u m f, a a l u m p."

Benefit: Allows Scripture to remain in your mind even after your Bible is closed.

Analyze

- Pray for understanding.
- Study intensely.
 - Look up meanings of major words in verse.
(Greek dictionary or Strong's Concordance)
 - Look for repeated phrases or words.
- Extensive study.
 - Use commentaries, study bibles

Benefit:

Allows Holy Spirit to give you understanding about message of the verse(s).

Personalize -

-Plan specific changes that are consistent with the truths you've learned.

-Change habits, schedules, steps, details, etc.

-Ask "When have I failed to obey this truth in the past?"

"When am I likely to face this temptation again?"

"What should be the godly response to that temptation?"

-Pray the scripture to God personalizing it and asking His Spirit to enable you to apply truth.

Benefit: *Allows Holy Spirit to apply the truths of scripture to your daily life.*

Ps. 104:33, 34

I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being. My meditation of him shall be sweet: I will be glad in the LORD.