

Theme: We are called to meditate deeply on God's Word so that we might obey it and thus be truly successful.

## I. Intro – Christian Meditation

- A. Conversation with person - spoke of meditation
- B. They reacted negatively - pagan practice
- C. I was quoting Joshua 1:8!
- D. Is there such a thing as Christian meditation?
- E. If so, what is it like?
- F. How do we practice meditation?

## II. The Content of Meditation - God's Word

- A. The Book of the Law - Torah
  - 1. The subject here - the book of the Law (v8)
  - 2. Meditate on **it**; do everything written in **it** (v8)
- B. The book of the Law - Moses' writings; Scripture
  - 1. First it refers to the 5 books of Moses - verse 7
  - 2. This is the meaning all 10 times the phrase is used
  - 3. For us God's Word includes all of Scripture
- C. The meaning of Torah - instruction, not just legal code
  - 1. Law is Torah - instruction, not just legal codes
  - 2. Derived from the verb meaning to teach, instruct
  - 3. Parental instruction - Proverbs 1:8

## III. The Practice of Meditation - Deep Thought

- A. Meditate - literally to murmur or mumble
  - 1. Meditate - keep it on your mouth (v8)
  - 2. Literally - to moan or mutter - onomatopoeic
  - 3. Isaiah 8:19 - whisper and mutter
  - 4. But this is not a mantra!
- B. Meditate - to think deeply
  - 1. Meditate - to think deeply; muse
  - 2. Psalm 143:5 - remember; meditate; consider
  - 3. Psalm 1:2; 2:1 - meditate, success; plot, destruction
  - 4. Meditate - think deeply on God's Word
- C. How to meditate on God's Word
  - 1. Hear and read God's Word - several times
  - 2. Study God's Word to understand it correctly
  - 3. Repeat it, pay attention - mutter it to yourself!
  - 4. Perhaps memorize so you can meditate constantly
  - 5. Think of its commands, promises, implications
  - 6. Turn it over and over so it sinks in deeply

## IV. The Purpose of Meditation - Obedience

- A. Meditate - so you can understand and obey
  - 1. **So that** you may do everything written in it (v8)

2. Meditate to understand it correctly and obey it fully

B. Why meditation is necessary for obedience

1. Meditation is necessary to truly understand the text
2. Meditation helps us learn how to apply God's Word
3. Meditation gets God's Word into our subconscious
4. Our actions arise from our subconscious - our heart
  - a. Blink - the power of the subconscious thoughts
5. Culture presses in on us; only deep meditation overcomes

**V. The Result of Meditation - Success**

A. Meditate - and you will be successful & prosper

1. Then you will be prosperous and successful (v8)
2. Meditation leads to prosperity (Psalm 1:2-3)
  - a. Prospers (נָצַח) in Joshua 1:8 and Psalm 1:3
3. Meditation on God's Instruction brings success/prosperity

B. The meaning of success (שָׂכַל)

1. The basic meaning is to be prudent; have insight
2. From this grew the idea of 'success'
3. Meditation gives insight into true success before God
4. This may be very different than the worlds idea!
5. Insight into real success leads to real success!

**VI. Applying the Word**

A. Do we meditate on God's Word?

1. This is not just casually reading - meditating!
2. This is not just listening on Sunday - meditating!
3. The great promises are attached to meditation!
4. Looking at a text from every angle - like this teaching has done
5. Meditation requires sustained, deep thought
6. Our age is one of distraction - not deep thought
  - a. Cell phone, texts, internet, TV, email, games
  - b. Meditation requires turning it off - and thinking
7. Memorization is a great aid to meditation!
8. Begin meditating on God's Word this week!

B. Communion - meditating on Christ's work for us

1. We will take communion
2. This is a chance to meditate on Christ's work
3. Hear and meditate on the Word of what He did
4. Then receive it with joy!

**Meditating On God's Word**

Joshua 1:8  
September 2, 2012  
Communion  
Numbers 6:24-26

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Joshua 1:8

Listen, my son, to your father's instruction and do not forsake your mother's teaching.

Proverbs 1:8

When men tell you to consult mediums and spiritists, who whisper and mutter, should not a people inquire of their God? Why consult the dead on behalf of the living?

Isaiah 8:19

I remember the days of long ago;  
I meditate on all your works  
and consider what your hands have done.

Psalms 143:5

But his delight is in the law of the LORD, and on his law he meditates day and night.

Psalm 1:2

Why do the nations conspire and the peoples plot in vain?

Psalm 2:1

2 But his delight is in the law of the LORD, and on his law he meditates day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

Psalms 1:2–3