

“WHY MEDITATION?”

Tie-In: The overall focus of Part I is why and how to meditate on the Word. Before we can learn how to meditate on the Word, we need to lay the foundation of why. In this session, we learn why we should care to more than just read the Bible, and instead meditate on it.

Takeaway: In this session, we learn that God has given us the recipe on how to have joy in our lives, and how to flourish like healthy trees. The recipe is to meditate on God’s Word day and night, to chew on it all day so that your whole life gets soaked in it. We learn that meditation surprisingly requires the use of more than your mind, and that meditation does not end with God’s Word going into you, but when it comes out of you as well.

1 WHY MEDITATION?

1 THE WORD OF GOD

- If Christians don’t live as if they believe in the power of the Word, they are useless as Christians.
- **There is effectively no difference between a Christian who doesn’t believe in the power of the Word and a non-Christian.**
 - You might as well be a non-Christian and enjoy the freedom of doing whatever you want.
- Does God’s Word have power in your life?

2 TWO TYPES OF PEOPLE

- There are two types of people on this earth, which we can see from the Psalms.

PSALMS 1:1-2 (NLT)

*“1 Oh, **the joys of those** who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers.*

2 But they delight in the law of the Lord, meditating on it day and night.”

- **Psalms 1:1-2 is a recipe for joy. If you want joy in your life, you best learn from it.**
 - Why meditate? In short, because the one with joy is the person who meditates on God’s law.

PART I: SHARPENING YOUR SWORD // SESS. 3/4

MAY 19TH // SPEAKER: PS. FERDY

- Who are the wicked described in the psalm?
 - Anybody in the world or anybody who is worldly.
 - You will not have joy if you follow the advice of worldly people.
 - It is fine to use their advice as a reference, but your life should not follow after their ways.
- Who are the sinners described in the psalm?
 - Sinners does not necessarily refer to bad people.
 - Anybody who is not of Christ.
- **In short, be conscientious and mindful of your sources. Who are the “sources” of your ways and your directions in your life?**
- If you trust that this psalm is divinely inspired, then trust that it is a recipe for joy. If you learn from it, you will have joy.

2 WHAT IS MEDITATION?

3 MEDITATION? HUH?

- Meditating on God’s Word is not memorizing God’s Word.
- We are made of body, soul, and spirit. Meditating can be understood as our body, soul, and spirit working together to receive God’s Word.
- Meditating in this context is not sitting still and emptying your thoughts.
- **Meditation: the spirit works to receive, the soul works to understand, and the body works to utter.**
 - The spirit is affected by the Holy Spirit speaking to you through the word.
 - The soul cognizes, thinks about the words, chews on the words.
 - The body speaks, declares, and lives out the meditated words.
- Meditating is not complete without the body working to receive the Word, but we often miss or forget about the part of the body.
 - We think that it is enough if we just read and think about the Word as it comes into our heart.
 - No, if you have truly meditated on a piece of God’s Word, it hasn’t just gone into your heart, it will also come out of your heart. You will speak it during your life, signalling that you have fully meditated on it.
 - **The meditation process is not complete until you can affirm God’s Word out loud.**
- **All humans are born with the ability to meditate, and we already meditate everyday. What matters is what we meditate on.**

PART I: SHARPENING YOUR SWORD // SESS. 3/4

MAY 19TH // SPEAKER: PS. FERDY

- We can “meditate” on our insecurities, our spirit is affected by it, our soul spends all day thinking about it, our body always speaks and acts on our insecurities.

4 EXAMPLE: MEDITATING ON PSALMS 23:1

PSALMS 1:1-2 (NIV)

“I Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,

*but whose delight is in the law of the Lord, and **who meditates on his law day and night.**”*

- If you really want joy in your life, then you want to meditate on God’s Word day and night.
 - “Day and night” here does not mean literally staying up all day and night to read God’s Word.
 - It means to let the Word flood your whole life, to let your whole life be soaked in the Word.
- Consider the word “to ruminate,” which comes from the word “ruminant.”
- Ruminants are animals like cows, which “chew the cud.”
 - Cows spend long periods of the day chewing and rechewing their food, because it takes a lot of effort to get all of the nutrients out of their food. They chew their food, digest it a little, chew it again, and re-digest it.
- Meditating is ruminating on God’s Word. **Be a cow about your spiritual food.**
 - To properly digest God’s Word, to get all the nutrients out of it, you have to be willing to “chew on it” for long periods of time. You keep it in your mind, working out what it means until you get everything out of it.
- **Here’s how you can chew and re-chew and re-chew God’s Word:**

PSALMS 23:1 (NIV)

“The Lord is my shepherd, I lack nothing.”

- “The Lord is my shepherd, I lack nothing.”
 - Takeaway: The one who keeps me safe is not a human being, but the creator of heaven and earth, the one who reigns forever.
- “The Lord is my shepherd, I lack nothing.”
 - Takeaway: God is my keeper right now. He was not just my shepherd last year and has since stopped. He keeps me safe right now.
- “The Lord is my shepherd, I lack nothing.”

PART I: SHARPENING YOUR SWORD // SESS. 3/4

MAY 19TH // SPEAKER: PS. FERDY

- Takeaway: God is not just shepherding leaders and pastors and kings, he is personally keeping me safe. He personally cares about me, no matter how insignificant I am.
- “The Lord is my shepherd, I lack nothing.”
 - Takeaway: God is not just a creator who watches his universe run from afar. God is not just a figure on stained glass windows. He works up-close and personal, getting His hands dirty to keep me safe from danger.
- “The Lord is my shepherd, I lack nothing.”
 - Takeaway: Even when it seems like I’ve lost everything, when nothing in my life is going right, I actually lack nothing I need. Everything I need is in God who shepherds me.

5 CONCLUSION

PSALMS 1:3 (NIV)

“He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.”

- **Why meditate? Because of what it does for your life.**
 - You will be like a healthy tree, full of strength, full of life, and full of good fruit.
 - Don’t we all want this from our lives?

