

“Noise, Hurry, Crowds”

Genesis 24:63

Tuesday Bible Lunch

August 30, 2022

Introduction: Last Tuesday I talked about the verses I read, think about, and pray over each morning before I read my Bible and pray. I gave you a bookmark listing the verses and encourage you to at least do the first three verses (1 John 1:9; Psalm 119:18; Psalm 119:105). You will quickly see the value of doing this.

T.S. Today, I want to add to what I shared last Tuesday. I want to talk about the spiritual discipline of meditation.

Meditation is not foreign to the authors of Scripture.

1. Isaac went in the field to meditate (Genesis 24:63).
2. The Psalmist said that he meditated on God in the watches of the night (Psalm 63:6).
3. The Psalmist said he was awake through the night watches so he could meditate on God’s Word (Psalm 119:148).
4. The book of Psalms begins saying the blessed man is the one who meditates day and night on God’s word (Psalm 1:2).
5. Meditation can be at alone times wherever you are provided it is rooted in God’s Word.

As we think about mediation, we need to understand the Devil majors on three things.

1. Noise
2. Hurry
3. Crowds

Illustration: Swiss Psychiatrist C.G. Jung once said, “Hurry is not of the Devil; it is the Devil.”

Application: It is a sad commentary on the state of modern Christianity that meditation is foreign to most Christians today. Why? Because Christians do not believe what Eastern meditation teaches and like the pendulum on the clock swing to the other extreme.

Eastern meditations focus is to empty one’s mind to connect with nature.

Christian meditations focus is to fill one’s mind with Scripture to connect with God.

THINGS TO UNDERSTAND AND HELP:

1. Meditation must be rooted in God’s Word (Psalm 1:3).
2. Meditation, like all work, is more difficult at the apprentice stage; once we are skilled--journeymen-- it becomes part of our ingrained habits.
3. Find a place that is quiet and free from interruption.
4. Begin with a daily period of five to ten minutes.

Illustration: There is a progression in the spiritual life. You do not climb Mt. Everest before you climb peaks.

5. Two exercises to help with meditation.

1. **Psalms down:** Psalms down is a symbol of your desire to give to God any concerns you have.

- Dentist appointment
- Medical test
- Anxiety over something

- Frustration with someone or something

2. **Psalms up:** Psalms up is a symbol of your desire to receive from God.

Conclusion: There are two things to remember about Christian meditation.

1. It must be rooted in God's Word.
2. You can meditate on God's Word wherever you are.

This happened to me last Friday walking through the from the church offices through the Commons on my way to the chapel to preach a funeral. (To hear the story, listen to the sermon on the church web page.)