

## The Art of Meditation

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by Wayne Goff

Meditation is often associated with Yoga or psychotherapy, or even physical therapy. Science-based meditation reputedly reduces stress and anxiety, enhances self-awareness, lengthens attention span, and can even help fight addictions. No doubt, Americans need to slow down, take more thought for their daily life's activities, and calm down. But it is a **choice** few make because America has so much going on right now!

Unfortunately, many consider **meditation** to be a calming of the brain and a mindless relaxation. The Bible speaks of **meditation** throughout its pages, but rather than promoting "**self-awareness**," it more often promotes "**God-awareness**." For example, Psalm 63:6 says "*When I remember You on my bed, I **meditate** on You in the night watches.*" So the idea of meditation here is that one is thinking within himself about God — His being, His word, His works, and His ways. This meditation concentrates on God's speaking to us through the Bible, Psalm 1:2. "*But his delight is in the law of the Lord, and in His law he **meditates** day and night.*" Those who are unaccustomed with biblical, spiritual meditation may find this statement difficult to appreciate, but it gets to the heart of the matter.

**Bible study** without *personal application* is a cake half-baked! Paul instructed the young preacher Timothy to "**Meditate** on these things; give yourself entirely to them..." (1 Tim. 4:15). What does it mean to "*give yourself entirely to them*"? The Greek phrase *literally* translates, "be in these things." That is, **absorb** it into your thought processes and then into your life. On this passage, Marvin Vincent explained, "Exercise or practice applied to the mind becomes *thinking* or *meditation*. In the Septuagint it represents seven Hebrew equivalents, and signifies *to meditate, talk of, ...*, delight one's self in, attend to. ... Meditation is a talking within the mind, and issues in speech;..." [**Word Studies in the NT, IV:253**].

If you neglect your Bible study, then you have nothing concrete, biblically speaking, on which to meditate. So be sure you study and make God's Word your own. **Hear — Believe — Obey.** "*Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer*" (Psalm 19:14).

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