



MEDITATION

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If we look in the Word of God in 1 Timothy 4:15(NKJV) Paul tells Timothy, "Meditate on these things; give yourself entirely to them, that your progress may be evident to all."

When we meditate we have an opportunity to digest what God is trying to tell us. I would call it; one of the disciplines that the church is not majoring on in these days. It is evident by the way in which we see so many believers, who are not totally convinced about the fundamentals of God's Holy Word.

When we meditate on The Word of God there can be no doubt about what God means when it comes to Bible principles. For example John 14:6 (NKJV) Jesus says, "I am the way, the truth and the life. No one comes to the Father except through Me." Now if you meditate on that scripture, you will see that it is impossible to agree with the interfaith people who say that all roads lead to heaven, if you don't meditate on that scripture and you "speed read," then you will overlook the importance of the fact that there is only one God. Speed reading is a clever technique to get lots of work done, but to extract deep nourishment we need to read slowly. If you and I say that we do not have time anymore to meditate, we are in deep trouble.

Vance Harner said, "When we are too busy to sharpen the axe, then we are too busy." Abraham Lincoln the very famous US president came from the country. He would win all the agricultural competitions and shows. He was a tall, strongly built man. They said that when he took off his top

hat and his tails, he would roll up his sleeves, take an axe and beat everybody at splitting wood. They once asked him, "If you had 6 hours to cut down a large tree, how would you go about it?" He said, "I would send the first 4 hours sharpening the axe."

Some of us have problems with our memory, especially as we grow older, and especially when it comes to memorising Bible scriptures. The great theologian Matthew Henry said "Meditation is the best help to memory."

I often have people write to me and they would say they have a problem with different temptations in their lives. Some tell me they have a problem with lust and yet they continue to engage in pornographic material. Josiah Holland said, "The mind grows on what it feeds on." If we cannot meditate on God's Word we leave the door wide open for all kinds of temptations from the world to enter in. So we need to start, not only to read the Bible slowly, but most of all to meditate on the words that we read.

Remember that all work and no play makes Jack a dull boy. If we cannot give ourselves time to systematic meditation on God's Word we will never grow in the Kingdom of God. We will become standard Christians, who bring no glory to Jesus Christ.

May God bless you as you start to discipline yourself and meditate regularly on God's Word regularly. ❖