

Bible Study

Meditation: Slowing Down to Grow

The word “meditation” conjures up images of Eastern religion or New Age practices. Many believers avoid the practice for that very reason. But *biblical* meditation is of immense value if we are to listen accurately to God.

A. Definition

What is biblical meditation? It’s a period of time set aside to contemplate the Lord, listen to Him and allow Him to permeate our spirits ([Ps. 27:4](#); [Ps. 77:11-12](#)). We spend so much time in contact with the world’s value system, we desperately need to be with God and regain a biblical perspective ([Rom. 12:2](#)).

- What are some of the benefits of meditation, according to [Psalm 119](#): 97-100?

B. Practice

When we meditate, we are able to hear the voice of God in a fresh, invigorating manner. Here are some principles for effective, biblical meditation.

1. **Slow down.** If we are really going to meditate on the Lord and His Word, stillness is a key: “Cease striving and know that I am God” ([Ps. 46:10](#)). Meditation also takes time—occasionally as little as five minutes but often 30 minutes or an hour.

When we tell God we don’t have time for Him, we are effectively saying we don’t have time for life, joy, peace, direction and prosperity, for He is the source of all.

- If you don’t prioritize time with God as you should, ask Him to search your heart for the reason why. Then pray, asking Him to remove that barrier.

God wants you alone sometimes because He wants your undivided attention. What a compliment! The King of Kings wants to spend time with you!

- What characteristics marked Jesus’ time alone with the Father? ([Mark 1:35](#))
 - Think about the time you spend daily with God. Are you rested physically enough to concentrate? Is your time with God distraction-free? Is it long enough?
 - How could you improve the environment of your time alone with God or your attitude towards it?
2. **Review the past.** As we do this, we will see patterns that God has woven into our lives.
 - What was David’s attitude towards God’s favor on his life? ([2 Sam. 7:18](#))

- Read [Psalm 77:11-14](#). What has God done in your life that shows His power to deliver you from or sustain you through adversity?

A practical way to reflect on the past is to keep a diary or journal. A journal is your private war diary, declaring spiritual victories. God's faithfulness in your life can encourage others, including your children or grandchildren, that His grace will be sufficient for them, too.

- If you don't have a journal, find a note book or blank book you could use to record your adversities and God's role in delivering you through them or from them.

3. **Reflect on God.** Focusing on difficulties intensifies and enlarges the problem. When we claim God's promises and look at His majesty, the problems are put in proper perspective. We are no longer overwhelmed.

Time and time again in the Psalms, David used this meditative technique. Although he poured out his distress to the Lord, he also deliberately turned his focus towards God.

- List at least three attributes of God that David focused on in [Psalm 25](#).
- If you have trouble focusing on God, try turning to a psalm and saying, "Lord, I'm having a hard time keeping my mind on You. I want to get immersed in this psalm and get my attention on You." In a few minutes, stop reading and think about Him, praising Him for His attributes.

4. **Remember God's promises.** God loves to hear His words spoken to Him. When we tell Him how much we love His promises of peace, provision and protection, this not only gladdens His heart but quiets ours. Our faith grows and our fear dissolves.

- Look up [Philippians 4:19](#) or [Isaiah 41:9-10](#). Repeat the passage in your mind while you think about what the words mean to you personally.
- [Psalm 62:5](#) says "wait in silence for God only, for my hope is from Him" Based on what you know of God's Word or promises He's made to you personally, what are some blessings you can "expect" from God?

Closing: The pressures of our lives begin to dissipate when we are secluded, silent and still before the Lord. Through daily times of meditation, you allow God to love you completely. Nothing will impact your life more than this powerful practice of meditation.

Prayer: Father, thank You for loving us enough to want to spend time with us. Convict us of our need for You and draw us close. Give us grace each day to mediate on You, that our lives may be transformed by Your presence. In Jesus' name, Amen.

Adapted from "*Charles Stanley's Handbook for Christian Living*," 1996, pp. 484-491.