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1. WHEN WE ATTENDED THE FEAST A FEW YEARS BACK, IN HAWII, WE VISITED THE HALEAKALA VOLCANO CRATER. WE HAD TO GET THERE REAL EARLY TO SEE THE SUN RISE, WHICH WAS A VERY BEAUTIFUL SIGHT. WHEN WE GOT UP THERE, ABOUT 6: AM., WE WERE BY NO MEANS THE FIRST TO ARRIVE. AMONG OTHERS, THERE WAS A LONE FIGURE SITTING ON THE RIM OF THE VOLCANO, WRAPPED FROM HEAD TO TOE IN AN ORANGE WRAP. THE FIGURE APPEARED TO BE ABOUT 25-30 YRS OLD, BUT WHETHER MALE OR FEMALE, IS UNSURE. WE ASSUMED IT WAS MALE. WE WERE THERE, ABOUT AN HOUR. HE NEVER MOVED, EVIDENTLY TOTALLY OBLIVIOUS TO THE CROWD MILLING AROUND HIM. FROM TIME TO TIME WE WOULD GLANCE IN HIS DIRECTION, WONDERING WHAT HE WAS DOING. IT FINALLY DAWNED ON US...THIS PERSON IS DOING HIS VERSION OF "MEDITATION".

2. I WON'T SUGGEST IT'S NECESSARY TO GO TO THE EXTREME THIS PERSON DID. BUT I WONDER...DO WE MEDITATE AT THE RIGHT TIME, ABOUT THE RIGHT THINGS? DO WE MEDITATE ENOUGH? THE BIBLE SPEAKS OF MEDITATION LOTS OF TIMES.

3. SOME GROUPS PRACTICE SITTING PERFECTLY STILL, CROSS-LEGGED, THEIR EYES CLOSED FOR HOURS. THIS IS THEIR WAY OF MEDITATING. SOME ADVOCATE STANDING ON YOUR HEAD WITH YOUR LEGGS EXTENDED UP A WALL. IS THERE A SPECIAL WAY TO MEDITATE? WHAT IS REAL MEDITATION? THE DICTIONARY GIVES THIS DEFINITION:

TO: MUSE, REFLECT, INDEPTH CONTEMPLATION, FULL CONSIDERATION, MAKE PLANS.

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STRONG'S CONCORDANCE SAYS:

3191 meletaw 3199 New Test. = Greek

AV - premeditate (1)

- imagine (1)

- meditate (1) [3]

1) to care for, attend to carefully, practice; to meditate i.e. to devise, contrive.

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7878 siyach {see'-akh} Old Test. = Hebrew

a primitive root; to ponder, i.e. (by implication) converse (with oneself, and hence, aloud) or (transitively) utter:

4. OBVIOUSLY, THEN, MEDITATION MEANS TO GIVE WHATEVER WE ARE THINKING ABOUT A LOT OF INDEPTH, DETAIL THOUGHT. DAVID USES THE WORD MOST OFTEN IN THE BIBLE. HE SPEAKS OF "MEDITATING" ON GOD AND GOD'S LAWS. FROM THIS, WE KNOW THAT MEDITATION CAN HAVE SPIRITUAL BENEFITS.

5. IN MOST CASES MEDITATION IS MOST EFFECTIVE WHEN YOU ARE ALONE, WITHOUT INTERRUPTIONS, WITH THE APPROPRATE AMOUNT OF TIME AVAILABLE. BUT YOU DON'T HAVE TO BE ALONE. MY HUSBAND AND I LIKE TO SHARE MEDITATION. ONE OF US WILL MENTION A SCRIPTURE, OR AN ARTICLE, AND WE WILL MENTALLY EXPLORE IT, AND SHARE OUR THOUGHTS WITH EACH OTHER ON THAT PARTICULAR

SUBJECT. IT MAKES FOR SOME VERY INTERESTING CONVERSATION. AND WE LEARN FROM EACH OTHER.

6. MEDITATION CAN ENHANCE ANY WORTHWHILE ENDEAVOR. FOR INSTANCE: DO YOU FIND YOURSELF SAYING ALMOST THE SAME THING TO GOD EVERY TIME YOU PRAY? DO YOU WONDER IF GOD FINDS YOUR PRAYERS BORING? MEDITATION CAN HELP US WITH OUR PRAYERS.

7. Joshua 1:8 This book of the law shall not depart out of your mouth; but you shall MEDITATE therein day and night, that you may observe to do according to all that is written therein: for then you shall make your way prosperous, and then you shall have GOOD SUCCESS.

8. GOD TELLS JOSHUA TO MEDITATE ON HIS LAWS IN HELPING HIM TO OBSERVE THEM. IN OTHER WORDS COMBINE MEDITATION WITH OBEDIENCE THAT HE MAY BE SUCCESSFUL. HE'S NOT TALKING ABOUT SUCCESS IN MAKING A LOT OF MONEY, BUT IN KEEPING THE LAW.

9. WHEN WE PRAY WE WANT TO BE SUCCESSFUL, DON'T WE? OTHERWISE, WHY PRAY?

THEN LET'S COMBINE THEM WITH LOTS OF MEDITATION. DAVID GIVES US SEVERAL EXAMPLES OF HIS MEDITATIONS: PSALM 77:12 I will MEDITATE also of all your work, and talk of your doings.

77:13 your way, O God, is in the sanctuary: who is so great a God as our God?

77:14 You are the God that does wonders: you have declared your strength among the people.

10. WHEN WE FIRST BEGIN TO TALK TO GOD, WE SHOULD GIVE HIM PRAISE. BUT BEFORE ALL THIS, IF WE WANT TO BE SUCCESSFUL, WE SHOULD CONTEMPLATE, CONSIDER DEEPLY, WHAT THE FATHER IS LIKE. GO OVER IN OUR OWN MIND WHAT HE MEANS TO US. WHAT WE FEEL TOWARD HIM. WHAT HE FEELS TOWARD US. WHAT HE HAS PLANNED FOR US. WHAT OUR COMMITMENT IS TO HIM, ETC. THEN WE CAN APPROACH GOD WITH A CLOSER, MORE LOVING ATTITUDE.

11. WHEN WE PRAY FOR OTHERS, SHOULDN'T WE MEDITATE ON ALL THAT'S INVOLVED? YESHUA TOLD US TO PRAY THAT THE GOD OF THE HARVEST WOULD SEND MORE WORKERS IN THE FIELD. WE SHOULD MEDITATE ON WHAT THAT MEANS AND WHEN WE READ THE BIBLE WE SHOULD MEDITATE ON EACH VERSE AND WHAT IT MEANS.

THE PURPOSE, ETC. THEN MEDITATE ON HOW IMPORTANT IT IS TO GOD. HOW IMPORTANT IT IS TO YOU. ETC.

12. WHEN WE PRAY FOR THE SICK, MEDITATE ON THE PERSON, INDIVIDUALLY. USE THEIR NAME. PUT YOURSELF IN THEIR SITUATION. DESCRIBE THEIR NEED IN AS MUCH DETAIL AS YOU KNOW. ALLOW YOURSELF TO FEEL GENUINE CONCERN AND COMPASSION. IF YOU CAN'T REMEMBER NAMES, OR NEEDS, KEEP A DATED LIST, WITH THE NEEDS WRITTEN BESIDE THE NAME.

13. WE SHOULD PRAY FOR OUR YOUNG PEOPLE. BUT AGAIN, MENTION AS MANY BY NAME AS YOU KNOW. PUT YOURSELF IN THEIR PLACE. MEDITATE ON THEIR INDIVIDUAL NEEDS.

14. WHEN YOU PRAY FOR SPECIAL NEEDS: OUR ELDERLY, OUR UNEMPLOYED, OUR BROTHERS IN FOREIGN COUNTRIES, SINGLE PARENTS, TROUBLED FAMILIES, ETC. PUT YOURSELF IN THEIR PLACES. HOW WOULD YOU FEEL IN THEIR SITUATION. HOW WOULD YOU COPE? MEDITATE ON EACH INDIVIDUAL NEED. THEN YOU HAVE SOMETHING MEANINGFUL TO DISCUSS WITH THE FATHER.

15. PAUL INSTRUCTED TIMOTHY IN MEDITATION: TIM. 4:12-15

4:12 Let no man despise your youth; but be an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.

4:13 Till I come, give attendance to reading, to exhortation, to doctrine.

4:14 Neglect not the gift that is in you, which was given to you by prophecy, with the laying on of the hands of the presbytery.

4:15 MEDITATE upon these things; give yourself wholly to them; that your PROFITING may appear to all.

16. MEDITATION IS GOING TO TAKE MORE TIME. BUT IF YOU WANT YOUR PRAYERS TO BE MORE SINCERE, MORE COMPASSIONATE, MORE INTERESTING TO GOD, TRY MEDITATING FIRST. MEDITATION HELPS US TO BE MORE PROFITABLE IN OUR PRAYERS.

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