

ANCIENT DISCIPLINES PART 1 – MEDITATION

Pastor George Dupree – Sunday, January 23, 2011

Proverbs 22:28 Do not remove the ancient landmark which your fathers have set.

Biblical meditation encourages you to fill your mind with the Word of God.

† Psalms 1:1 Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. 2 But his delight is in the law of the LORD, and on his law he meditates day and night. 3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

If you do the first two, you will be the third.
Don't walk in the counsel of the ungodly
Delight in the Word of God
You'll be like a fruitful tree

There are benefits to meditation

A _____ Life

† You are planted; even if everything else around you is being uprooted you remain planted. You'll have stability in your life because your roots go deep.

A _____ Life

† You'll have a productive & fruitful life – yielding fruit, results, evidence of God in your life.

A _____ Life

† Prosperity is more than money, prosperity is the ability to make wise decisions – The choices you make each day determine your destiny. That's why we have to daily meditate on God's Word.

A _____ Faith – his leaves will not wither.

† We all need refreshing of our faith on a regular basis.

What Does It Mean To Meditate?

to think deeply or focus one's mind for a period of time, plan mentally; consider, think deeply or carefully about something, to utter a sound, to mutter; the act of thoughtful deliberation with the implication of speaking to oneself, muttering sounds spoken to no one in particular, **melody**

† Ephesians 5:19 speaking to one another in psalms and hymns and spiritual songs, singing and **making melody in your heart** to the Lord

Meditation is repetitive thinking. Worry is negative meditation, continuous thinking of a negative thought. That's destructive. But the act of meditating on God's Word is constructive in our lives.

The Source Of True Meditation – The Word Of God

The Strategy Is Personal – You Have To Do It – It's A Relationship, Not A Checklist

Christianity is not a set of rules; Christianity is a relationship with Christ. Is your relationship Duty or Delight?

† Psalm 1:2 But his delight is in the law of the LORD, and on his law he meditates day and night.

Four Steps Of Meditation

1. _____ – put it in your mind
2. _____ – think about something carefully, especially before making a decision
3. _____ – talk to God about it
4. _____ – carry out or perform a particular activity, method, or custom habitually or regularly

A Final Thought To Meditate On

† Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.