

MEDITATING ON GOD'S WORD

Scripture Reading—Ps. 1:2

“In his law doth he meditate day and night.”

The Bible will become rich to you and begin to transform your life when you begin to meditate on it. However, first you must memorize it, and before that you must read it. Bible meditation is a discipline that is greatly rewarded and much easier than most people think. If you know how to worry, you know how to meditate.

The word “success” is only used once in the Bible, and it is in association with meditating on God’s truth (Josh. 1:8). Joshua was a busy man as the leader of the nation. He had decisions to make, people to meet, and plans to execute. Yet, he had time to read and meditate upon the Bible both in the morning and the evening.

The word “meditate” means “to murmur, ponder, mutter.” It has the idea of studying a subject with your mind and then talking it through as you think about it. One reason the enemy keeps us from this discipline is because he knows the rewards of it.

Meditation brings wisdom (Ps. 119:97–100), joy (Ps. 104:34), and spiritual strength in one’s soul (1 John 2:2–14). Meditation will change your life and character.

When we memorize and meditate on the Bible, it becomes “the engrafted word, which is able to save your souls” (James 1:21). That means it becomes a part of you, and the result is that your soul (thoughts, feelings, and choices) are aligned with God’s ways.

The way we know we delight in the Bible is when we meditate upon it (Ps. 1:2). A convenient time to meditate is as we go to sleep at night (Ps. 63:6; 119:148). God promises to prosper us when we meditate on His Word “day and night” (Ps. 1:2; Josh. 1:8).

When I was thirty our ministry had severe financial problems. I thought I was having heart problems, but it was my fretting that was affecting my body. I purposed to memorize Psalm 37 and meditate upon it as an antidote to my fears—and it worked!

Action point: Select a Scripture that deals with a problem you are having. Memorize it and meditate on it.

—Rick Johnson

Taken from *My Family Time With God* – Compiled by Harold Vaughan