

Quotes on Meditation

“As perfume gives delight to the nostril, so the love of God, when shed abroad in the power of the Holy Spirit, imparts a singular sweetness to our emotions . . . Meditate upon that love till you are ravished.” —Charles Spurgeon

“True fathers in grace meditate upon Christ. They feed upon Scripture, press the juice of it, and inwardly enjoy the flavor of it.” —Charles Spurgeon

“God will not let me get the blessing without asking. Today, I am setting my face to fast and pray for enlightenment and refreshing. Until I can get up to the measure of at least two hours in pure prayer every day, I shall not be contented. Meditation and reading besides.” —Andrew Bonar

“Meditation has a digesting power and turns special truth into nourishment.” —Source Unknown

“Meditation on the Word of God is the chief means of our growth in grace. Without it, even prayer itself will be little better than an empty form. Meditation nourishes faith, and faith and prayer are the keys that unlock the hidden treasures of the Word.” —Source Unknown

“The eternal God is concerned with growing a forest of oaks rather than filling the backyard with toadstools. He is more concerned with character than He is with production, and demands quality despite quantity. Sainthood is produced by long hours in meditating upon God. It takes time spent alone with the Eternal to learn His secrets. Wait upon God. Continue to look into His face if you would become like Him.”

“Meditation keeps out Satan. It increases knowledge. It inflames love. It works patience. It promotes prayer. It evidences sincerity.” —Phillip Henry

“As the meditation is, such is the man. Meditation is the touchstone of a Christian. It shows what metal he is made of. It is a spiritual index. The index shows what is in the book, so meditation shows what is in the heart.” —Thomas Watson

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“I will conclude with that excellent saying of Bernard: “Lord, I will never come away from Thee without Thee.” Let this be a Christian's resolution, not to leave off his meditations of God till he find something of God in them.” —Source Unknown

“My mind was greatly fixed on divine things, almost perpetually in the contemplation of them. I spent most of my time in thinking of divine things year after year, often walking alone in the woods, and solitary places for meditation, soliloquy, and prayer, and converse with God. It was always my manner to sing forth my contemplations. I was almost constantly in ejaculatory prayer wherever I was. Prayer seemed to be natural to me as the breath by which the inward burnings of my heart had vent.” —Jonathan Edwards

“Prayer is the wing wherewith the soul flies to heaven and meditation the eye wherewith we see God.” —Ambrose

“I beg you, my dearest brother, to live among these sacred books, to meditate on them, to know nothing else, to seek nothing else. Does not this seem to you to be a little bit of Heaven on earth?” —Jerome