

MEDITATE ON THE SCRIPTURES

What we think about determines the trajectory of our lives. Some dwell on negative thoughts which makes them more susceptible to depression.¹ Others dwell upon all that can go wrong in life, which leads them to be prone to anxiety.² Still others think only about themselves, which can lead to a feeling of entitlement. It is *not okay* to allow our minds to wander (2 Corinthians 10:5). The Bible teaches us to *control* our thoughts and to center them upon the Word of God.

Meditation on the Scriptures is the key to a blessed life (Joshua 1:8; Psalm 1:1).

In fact, the Bible teaches that we must focus on Scripture and “meditate therein day and night.” Doing so will help ward off depression, anxiety, and self-centeredness, but more importantly, it will lead to a prosperous life or as Joshua said, “good success.” The writer of Psalm 1 stressed that the blessed life was the result of meditation upon the Scripture rather than listening to “the counsel of the ungodly.” What is meditation?

Meditation is focused thinking about a particular Scripture throughout the day and night (Psalm 1:2).

The assumption is that one will be engaged in regular Bible reading. As one does so, particular passages stick out and seem especially needed as we live our lives. Let’s say you read your Bible before work one morning and come across Proverbs 15:1: “A soft answer turneth away wrath.” Suppose you have been experiencing difficulty with a co-worker, classmate, sibling, or spouse, and you begin to think about this verse. You might even pray something like, “Lord, you know how I become when _____ says something irritating to me. Please help me to respond with a soft answer.”

Real meditation involves thinking about the passage throughout the day and night. You will imagine your co-worker saying something harsh and picture yourself responding with a soft answer. When you regularly meditate on the Scripture, you encounter situations and think, “Wow, I’m glad I read that passage this morning, otherwise I would have had a very different day!”

Meditation brings fruit in the way we treat others, the way we do our work, and the decisions we make (Psalm 1:3).

This is why one prospers. The fruit is in relationships with co-workers, classmates, siblings, spouses, and parents. Meditation leads to a different life. Suppose a young man or woman read Genesis 24 one morning and began to meditate upon the narrative throughout the day. What could a young person learn

from the account? The servant of Abraham was looking for certain characteristics to find a wife for Isaac (Genesis 24:14). He was looking for a woman who would serve someone who seemed to be able to offer her anything in return. When Rebekah provided for the man and his camels (Genesis 24:19) it proved she was just that kind of person. Meditation on passages like this provides guidance about who we should befriend or hire if we are an employer. Meditation on Scripture helps us make wise decisions.

Meditation is the key to keeping our heart on track (Proverbs 4:23), and our lives in sync with the Lord (John 15:7).

If we are not careful, we can have bitterness or allow some other sin to grow into our heart. Meditation on the scripture is the antidote. Suppose I was having trouble forgiving a person. It is hard to maintain a spirit of unforgiveness after reading and meditating on Luke 15:11-32 or Matthew 5:38-48.

As we meditate and think about the Scripture, Jesus speaks to us and change us. He keeps our hearts in sync with Him and on track.

Notes:

¹ <https://www.sciencedaily.com/releases/2012/04/120403111536.htm>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2899011/>

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