

# Meditation

# Biblical Meditation

- It is not an act in which new truth is revealed.
- It is to dwell or think on truth that has already been revealed (I Tim 4:12-16).
- Like His works and wisdom seen in His word.

# Why Meditate?

- It helps us understand God's will.
- It is a part of our “transformation.”
- It keeps us from dwelling on immoral thoughts.

“Recent studies conducted by a Stanford University research team have revealed that ‘what we watch’ does have an effect on our imaginations, our learning patterns, and our behaviors. First, we are exposed to new behaviors and characters. Next, we learn or acquire these new behaviors. The last and most crucial step is that we adopt these behaviors as our own. One of the most critical aspects of human development that we need to understand is the influence of ‘repeated viewing’ and ‘repeated verbalizing’ in shaping our future. The information goes in, harmlessly, almost unnoticed, on a daily basis, but we don’t react to it until later, when we aren’t able to realize the basis for our reactions. In other words, our value system is being formed without any conscious awareness on our part of what is happening.” (Seeds of Greatness, Dennis Waitley, p. 47-48).

# How do we Meditate?

- Be selective of what you watch and hear.
- Meditate primarily on the Bible.
- Ask yourself...
- What can I learn from this verse?
- Does this passage say I should stop something that I am practicing?
- Is there something I should begin to do?

# Psalm 19:14

“Let the words of my mouth and the meditation of my heart be acceptable in thy sight O Lord.”