

MEDITATE

To know God, Christians should read (actually meditate) on the Word every day. Unfortunately, there is a tendency to turn reading every day into more of a religious exercise than a spiritual discipline. This is because reading the Bible often leads to a lower level of comprehension and understanding than is intended, which is not effective for changing one's life. The Bible itself indicates we are to meditate.

Psalm 1:1-3

“How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers!

But his delight is in the law of the LORD, and in His law he meditates day and night.

And he will be like a tree {firmly} planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers.”

The word meditate in the Greek translates to utter, muse, meditate, ponder. The implication is to contemplate over and over. This is very similar to the picture of a cow chewing the cud. In this process, the cow chews the same thing over and over again until it is ready to digest. So, it is with meditating on scripture; the more we ponder over it, the more it becomes life (a part of us). This is further implied in Deuteronomy:

Deuteronomy 6:6-9

“And these words, which I am commanding you today, shall be on your heart; and you shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.

And you shall bind them as a sign on your hand and they shall be as frontals on your forehead.

And you shall write them on the doorposts of your house and on your gates.”

According to these verses, we should be constantly mindful of the Word, applying it to each of our everyday experiences; and we should especially use these experiences as a teaching opportunity for our children. To do this, we have to be ever mindful of the Word and see everything we do as somehow relating to scripture. At times, the Bible will explain to you why you experienced what you did; at other times, the experiences will show you what the Bible really means in verses that were previously a mystery to you.

The Bible is our source, our benchmark, our guide. Only by understanding the world through the looking glass of the Word of God will we avoid the pitfalls of the world, and the irregularities of life will make much more sense.