

NEW YEAR - ON MEDITATION

INTRODUCTION

- A. What is meditation?
1. A general definition is *to study, consider, give serious consideration to, apply.*
 2. Biblical definitions
 - a. *It is the active use of the mind to engage God through reading and praying of Scripture.*
 - b. It is a deep study of the Word and work of God whereby the Spirit employs the truth to transform the heart of the person.
 - c. Charles Swindoll, *Meditation is disciplined thought, focused on a single object or Scripture for a period of time.*
 3. Key Scripture verses
 - a. Psalm 1:2, *but his delight is in the law of the LORD, and on his law he meditates day and night.*
 - b. Joshua 1:8, *This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. . .*
 4. Quotes on meditation
 - a. Hugh Latimer (burned at the stake by Queen Mary, d. 1555), . . . *we should constantly direct our inquiries and meditations to those things which tend to edification, not indulge in curiosity or in studying things of no use.*
 - b. John Bunyan (wrote *The Pilgrim's Progress*, d. 1688), *The end of study is information, and the end of meditation is practice, or a work upon the affections. . . Study is like a winter sun that shines but does not warm, but meditation is like blowing up the fire, where we do not mind the blaze but the heat.*
 - c. William Grimshaw (English 18th c. revivalist, d. 1763), *Meditation is the soul's chewing.*
- B. On what should we meditate?
1. I encourage you to meditate on salvation.
 2. There are three parts of salvation.
 - a. Justification
 - 1) For most of us here, it is a past event.
 - 2) It is the point in time when we placed our faith in Christ alone.
 - 3) We were declared righteous by God.
 - 4) 2 Corinthians 5:21, *For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*
 - b. Sanctification
 - 1) It is a present activity.
 - 2) It is the work of becoming righteous in participation with the Holy Spirit.
 - 3) We start becoming what God has declared us to be, righteous.
 - 4) Romans 12:1, *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*
 - c. Glorification
 - 1) It is a future event.
 - 2) When we die or when Christ returns, we become what God declared us to be at justification, righteous.
 - 3) 1 John 3:2, *Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is.*
- C. How should we meditate?
1. Set aside time to think on our salvation.
 2. Morning - justification with a focus on thanksgiving.
 3. Noon - sanctification with a focus on commitment.
 4. Evening - glorification with a focus on praise.

A MEDITATION ON JUSTIFICATION

- A. Focus
 - 1. Thanksgiving
 - 2. Salvation is a gift from God received by faith in the work of Jesus Christ alone.
- B. Bible Reading: Romans 3:23-25, *for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by his blood, to be received by faith.*
- C. Meditate of God's Grace
 - 1. I am a sinner in need of a Savior.
 - 2. God declared me righteous as a gift of His grace.
 - 3. I was set free from sin and death by Jesus' sacrifice on the cross.
 - 4. The wrath of God was appeased by Jesus' payment for my sins.
 - 5. All of this was received not by works but by faith in Jesus Christ alone.

A MEDITATION ON SANCTIFICATION

- A. Focus
 - 1. Commitment
 - 2. Sanctification is a group effort of you and the Holy Spirit battling Satan. Use the tools provided by God to have daily success in your spiritual life.
- B. Bible Reading: Ephesians 6:14-17, *Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God,*
- C. Meditate on God's Provisions
 - 1. The Belt of Truth: Read the Bible daily and do what it says to do.
 - 2. The Breastplate of Righteousness: Give Christ control of your life daily.
 - 3. The Gospel of Peace: Understand and share the Gospel.
 - 4. The Shield of Faith: Glory in your faithful Savior.
 - 5. The Helmet of Salvation: Expect full victory through Christ.
 - 6. The Sword of the Spirit: Learn Scripture for daily wisdom.

A MEDITATION ON GLORIFICATION

- A. Focus
 - 1. Praise
 - 2. Christians are forgiven, are being conformed to the image of Jesus Christ and have an eternal home prepared for them in Heaven.
- B. Bible Reading: Revelation 21:1-4, *Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."*
- C. Meditate on Our Glorious Future
 - 1. Jesus has prepared a home for us in the heavenly city of God.
 - 2. We will live with God face to face.
 - 3. There will be no tears, no death, no mourning, no crying, no pain.
 - 4. All will be holy in God's glorious presence.

CONCLUSION

A.W. Tozer (wrote the *Pursuit of God*, d. 1963), *Every man is as close to God as he wants to be. Jesus, Revelation 3:20, Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.*