

Title: Biblical Meditation

Text: (1 Tim 4:13-15)

What does it mean to think?

“Think, therefore I Am?”- René Descartes

Our Thoughts Determine our actions: (Lk 6:45)
(Prov 23:7) *For as he thinketh in his heart, so is he:*

Righteous Actions, Require Righteous Thoughts.
(Philippians 4:8)

God is never fooled by a 1st impression: (1 Sam 16:7)

We even can deceive our selves: (Jer 17:9)

(1 Tim 4:13) Till I come, give attendance to reading, to exhortation, to doctrine.

GRK: *give attendance* (pro se' cho) = prosecute

GRK: *exhortation* (para-kle'-sis), refers to preaching

GRK: *doctrine* (didaskalia) refers to teaching.

(1 Tim 4:14-15)

***Meditate upon these things;
give thyself wholly to them;***

(1 Tim 4:16)

(1) Take heed unto thyself and the doctrine.

(2) to continue in them.

“Meditate” is used 18 times in the Old Testament:

GRK: “Hagah”~ to Moan, growl, (Is 37:4)

Described as the “Cooing of a Dove”

(Is 38:14) (Josh 1:8)

GRK: Siyach-(See-Ach) To Ponder Out Loud
(Ps 119:25, 48, 78, 148)

GRK: Sia: Go over it in your mind.(Gen 24:63)

“Meditate” is used 2 times in the New Testament:

GRK: “Tauta Meleta” To Revolve in Your Mind.

Holman Bible Dictionary: The Repeated Mental and Verbal contemplation of Christ in the Scriptures resulting in biblical and observable change.

I. The Priority of Meditation: (1 Tim 4:15)

A. The Command: (Josh 1:8)

B. The Concentration: (Is 26:3) (Phil 4:8)

C. The Commitment: (Ps 77:12) (Ps 119:15)

II. The Principles of Meditation:

A. Think Christ-Centric: (Gen 1:1) (John 20:31)

1. Ponder His Character: (Ps 63:6)(Is 26:3)

2. Ponder His Conduct: (Ps 77:12)(Ps 143:5)

3. Ponder His Commands: (Ps 1:2)(Ps 119:23)

- B. Think Contextually: (5 “W”s)
Who, What, When, Where, Why
- C. Think Conceptually: “*What’s the Big Idea*”
- D. Think Comparatively: (1 Cor 2:13)
- E. Think Creatively: (Ezra 7:10) “*Picturing?*”
- F. Think Conformably: (Ps 119:18)
“*How will this Change my Life?*”
- G. Think Confessionally: (Josh 1:8)
- H. Think Continuously: (Col 3:16); Ps 1:2)

III. The Profit of Meditation: (1 Tim 4:15)

“Profiting” ~ GRK: Pok-Op-To

- To advance, progress
- To Drive Forward -

“that *THY* profiting” 1st: You Grow

“*may appear to all.*” 2nd: They Grow
i.e. Blazing a Trail for others that are following you.

IV. The Call of Meditation:

The Benefits are without Question.
The Opportunities to Commune with God is limitless.
You are as Close to God as you want to be.