

19-077-1b-Christian Meditation (short)  
 meditation, contemplation, Scripture, memory  
 Psa 77:11-13

Meditation on God's Word will change us from the inside out.

### INTRODUCTION:

–Discouraging events and disappointing circumstances can become a fruitful context for re-learning the fruitful art of Christian meditation–  
Psa 77:7-9, “Will the Lord reject forever? Will he never show his favor again? Has his unfailing love vanished forever? Has his promise failed for all time? Has God forgotten to be merciful? Has he in anger withheld his compassion?” *Quite a list!*  
 –A good Biblical synonym for *meditate* is ruminate [“*chew the cud*”].  
*Chewing* on God's Word enables us to swallow it, digest it, and grow from it. **HOM.idea**, and offers other *spiritual benefits*. **It's a way of\***

- 1) **\*praise**– Psa 77:11-13, *I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds. Your ways, O God, are holy. What god is so great as our God?*
- 2) **\*peace**, giving us a needed break from *the news* and *social media!*
- 3) **\*prayer**, helping us mentally absorb *God's wisdom* and *guidance*.
- 4) **\*presence**: being *attentive to God* by inner listening and seeing.

### **I. But First, Let's See What's Not Christian Meditation (It's not\***

- A. **\*Self-relaxation**: to help with B/P, tension, sleeplessness, etc.
- B. **\*Self-affirmation**: psyching the self up to change: “*I'm assertive!*”
- C. **\*Self-realization**: a divine awareness of pantheistic union through emptying the mind and opening it to whatever spiritually comes.
  1. This *Eastern idea* is from a false view of God and a false relation to God. (Although very *deceptive*, it's very *popular* today.)
  2. Eastern meditation's goal is a personal consciousness that we're all part of and one with a divine non-personal Everything.

**TRANS:** It's dangerous to empty out and open up the mind, when there are deceiving spirits out there wanting in. *Christian meditation* opens us up to the revealed Will of the Personal God of creation. **Meditation on His Word changes us from the inside out.** Psa 77:11-13 *gives us...*

### **II. A Good Pattern for Christian Meditation**

- A. v.11, “*I will remember the deeds of the LORD; yes, I will remember your*

*miracles of long ago.*” [**Notice** how the psalmist's shifts from “*deeds of the LORD*” to “*your miracles,*” an objective to a personal perspective.]

1. “**remember**” (recalling to the mental stage a replay of God's acts.)
  2. We revisit divine interventions in both past and personal history.
- B. v.12a, “*I will meditate on all your works*” [**Heb.**, *to mutter, coo, speak quietly*]
1. *Muttering to ourselves* is called *thinking out loud*, but muttering to ourselves about God's “works” is a godly way of meditating.
  2. Meditation leads straight into praise when our *actual or mental view of creation* is verbalized not as God's works but “your works.”
- C. v.12b, “*I will... consider all your mighty deeds*” [**Heb.**, *to meditate emotionally, speak with feeling*] (This *internal heart-response contemplates* more deeply, *pondering not “the deeds of the LORD”* but “*your mighty deeds.*”)
1. *Christian meditation* first has an inward direction (v.11-12): we “**remember**” objective truth (external); “**meditate on**” or digest it mentally (transitional); “**consider**” or ponder it deeply (*internal*).
  2. *Christian meditation* then internally prepares to move outward by communing with God in praise– v.13a, “*Your ways, O God, are holy.*” This ends up becoming an outward testimony of our inner relationship– v.13b, “*What god is so great as our God?*”

### CONCLUSION:

–So-called *mind-expansion* of Eastern meditation seeks *truth within* by a mystical union with a deified, impersonal universe. But humans were *created for relational union* with the *personal Maker* of the universe.  
 –Focusing inwardly on the self is a *dead end*. Sinners are missing the *divine truth within*. But *Christians* realize our desperate need for *divine truth*, and by reading the Bible, we discover it. But we internalize truth by remembering, meditating on and considering it. This ongoing, focused **meditation on God's Word changes us from the inside out.**

**Psalm 77:7-9 (NIV)**

7 “Will the Lord reject forever? Will he never show his favor again?

8 Has his unfailing love vanished forever? Has his promise failed for all time?

9 Has God forgotten to be merciful? Has he in anger withheld his compassion?” Selah

**Psalm 77:11-13 (NIV)**

11 I will remember the deeds of the LORD; yes, I will remember your miracles of long ago.

12 I will meditate on all your works and consider all your mighty deeds.

13 Your ways, O God, are holy. What god is so great as our God?