

From the West Meadow
Pastor Wes Higgins

We hear a lot about meditation and its benefits. Some talk of transcendental meditation or out-of-body experience. Others talk about clearing the mind of all thought so as to open the mind to other dimensions.

As Christians, we are also told to meditate, but it's not a meditation of abstract thought or of emptying one's mind. Like the psalmist did, we should meditate on God's Word, His precepts, His statutes, His wonderful works...and to contemplate His ways (ref. Psalm 119:15, 27, 48, 148). The word translated "meditate" from Greek and Hebrew has various meanings; we are to consider, to ponder, compute, take into account, calculate, speak and to put into practice God's word.

It is not enough to know the Word of God or to even know of God. James wrote, "You believe there is one God. You do well. Even the demons believe—and tremble!" (James 2:19) He goes on to explain that belief is useless unless acted upon.

Meditating on the word of God helps us understand how to apply it in our lives. As Paul told Timothy, the Holy Scriptures are "able to make you wise for salvation through faith in Christ Jesus...that the man of God may be complete, thoroughly equipped for every good work." (2 Timothy 3:15, 17). God told Joshua, when he took over leadership of Israel from Moses, "This book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." (Joshua 1:8) So meditating on God's word does not only make us wise to salvation, but guides us in everyday life. Paul told Timothy to meditate on the things of God so his "progress may be evident to all" (1 Timothy 4:15).

The psalmist wrote, "O how I love Your Law. It is my meditation all the day...Your commands make me wiser than my enemies...I have more understanding than my teachers, for Your testimonies are my meditation." (Psalm 119:97-99) Our greatest enemy is Satan. Drawing close to God by meditating on His ways makes us wiser than even our greatest enemy! James wrote, "Draw near to God; resist the devil and he will flee from you." (James 4:7-8)

Meditation can be viewed as a two way conversation with God through His word. John quoted Jesus saying, "The Helper, the Holy Spirit, whom the Father will send in My name...will teach you all things and bring to your remembrance all things I have said." (John 14:26) One of the ways the Holy Spirit can teach us and remind us is through meditating on God's word.

Finally, Paul advised, "Brethren, whatever things are true, noble, just, pure, whatever things are lovely, of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you." (Philippians 4:8-9)

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West Meadow Ministries
Celebration Church of God
celebrationchurchofGod.org