

devo

Part 3: Meditation

Is what I'm doing working?

I have more *understanding* than all my teachers,
for your testimonies are *my meditation*.

(Psalm 119:99 ESV)

Just a few verses

- Gen 24:63
- Joshua 1:8
- Psalm 63:6
- Psalm 77:12
- Psalm 119:15
- Psalm 119:148

Definition

“Siyach”

1. Silent reflection on God’s works or words.

(Ps 77:8, Ps 9:12, Ps 119:15, 23, 27, 48, 78, 148).

2. Rehearsing aloud God’s works.

(1 Chron 16:9, Ps 105:2, Ps 145:15)

To meditate is to intently ponder; to think something over, either quietly or aloud.

How?

- Query the text (ask questions)
- Pay very close attention! (Dr. Hamilton's Assignment)
- Conversational meditation

2Timothy 2:3-7 ESV

³ Share in suffering as a good soldier of Christ Jesus. ⁴ No soldier gets entangled in civilian pursuits, since his aim is to please the one who enlisted him. ⁵ An athlete is not crowned unless he competes according to the rules. ⁶ It is the hard-working farmer who ought to have the first share of the crops. ⁷ *Think over what I say, for the Lord will give you understanding in everything.*

What is our intent?

- Understanding (Ps 119:99)
- Staying Rooted in Grace
- More than simply reading
- Spiritual Authenticity

Isaiah 66:1-2 ESV

¹Thus says the LORD: "Heaven is my throne, and the earth is my footstool; what is the house that you would build for me, and what is the place of my rest? ² All these things my hand has made, and so all these things came to be, declares the LORD. But this is the one to whom I will look: *he who is humble and contrite in spirit and trembles at my word.*

Let's say you actually want to do it...

- Consistency and Sustainability
- Form A Plan
 - Content?
 - Time of day?
 - How much time will I invest?
 - Location?
 - Are others affected?
 - Built into your routine

Questions

- “Is it working?”
- “Legalism or grace?”
- “Personality differences?”
- “Stage of life craziness?”
- “Where’s the spontaneity?”

¹⁸Open my eyes, that I may behold wondrous things out of your law. (Ps 119:18)

