

# The Bulletin

## Meeks St. Church of Christ

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### “Meditating On God’s Word”

By Brian Meade



Paul told the young preacher Timothy, *“Till I come, give attention to reading, to exhortation, to doctrine. <sup>14</sup> Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. <sup>15</sup> Meditate on these things; give yourself entirely to them, that your progress may be evident to all. <sup>16</sup> Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you.”* (1 Timothy 4:13-16 NKJB)

Paul wanted Timothy to make it a primary focus for him to read, study, teach, preach, and meditate on God’s word. Just to give a few translational differences between the NASB, NKJB, and the ESV— *“...give attention to the public reading of scripture”* in the NASB.

Instead of using the word *“meditate”* in 4:15, the NASB uses the phrase *“Take pains with these things”* while the ESV has *“practice these things.”*

The Greek word for meditate is defined by Strong’s Lexicon as, *“to keep thinking about, meditate on, ...revolve in one’s mind.”* Thayer’s Lexicon defines it as, *“to care for, attend to carefully, practice.”* It basically has the idea of strenuous and diligent care in getting to know God’s word by continuing to consider what God says to us in scripture. I believe the next part of verse fifteen gives us a good idea of what it means to meditate, when Paul tells Timothy to *“give yourself entirely to them.”* (NKJB) I also like how the ESV Bible translates it, *“Be immersed”* or the NASB, *“be absorbed in them.”* This is plainly telling us to completely devote ourselves to Bible study. And when we are serious about getting to know scripture, and its meaning for us, it will show in our lives as Christians. What Paul says there in the last of verse fifteen— *“so that your progress will be evident to all”*— is automatic when we are putting forth that kind of effort to be *“immersed”* in the word. It is *not* said for us to study hard just to be seen of men and seek their praises— but rather to be an example of zealous study that all disciples need to have. You can see progress and improvement in someone who studies and God should get the glory. Our goal of studying, meditating, & immersing ourselves in the word is to edify one another (Ephesians 4:29) and build each other up (Acts 20:32).

Bible meditation is not at all like the Eastern way of Buddhism or yoga of today. Here is an excerpt of an article entitled, *“The Real Meaning of Meditation”* by Swami Rama. *“Mediation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. ....In meditation, the mind is clear, relaxed, and inwardly focused. When you meditate, you are fully awake and alert, but your mind is Not focused on the external world or on the events taking place around you. Meditation requires an inner state that is still and one-pointed so that the mind becomes silent. When the mind is silent and no longer distracts you, meditation deepens.”* As you can see from this, the eastern way is about emptying the mind and concentrating on self awareness to reach an inner state of peace. That type of meditation is radically different from what the Bible speaks about.

We want to fill our mind with God’s word like David as he said, *“O how I love Your law! It is my meditation all the day.”* (Psalm 119:97) The words *meditation* or *meditate* occur nineteen times by the Psalmist, as he writes about

his strong connection to God's word and ways. Notice as he says in Psalm 119:15, *"I will meditate on Your precepts And regard Your ways."*

There are some benefits of meditating on God's word that far outweigh any sort of physical or mental way of meditating, as in yoga or Buddhism. Those kind of ways do not have any spiritual significance that David, Paul and others had in meditating.

### **(1) The more we meditate on God's word, the closer we are to God.**

When we study the gospels of Matthew, Mark, Luke, and John— we are mainly focusing on the life of Jesus. God wanted to not only give us an example to follow of what true devotion and dedication looks like, but also what the Father in heaven was like as well. Remember when in John 14:8-9, *"Philip said to Him, 'Lord, show us the Father, and it is enough for us.' Jesus said to him, 'Have I been so long with you, and yet you have not come to know Me, Philip? He who has seen Me has seen the Father; how can you say, 'Show us the Father'?"* When we diligently meditate on the life of Jesus through the scriptures, we can see God! We can know the heart of God, His thoughts concerning sin, temptation, and the Devil; His thoughts concerning man, death, and judgment; and also His thoughts concerning Heaven, Hell, and eternity.

All of that gets us closer to the God serve. Christians who study these things should never be guilty of thinking — that after the Sunday morning Bible study is over or the Wednesday night Bible study concludes that evening— that we never have to think anymore (meditate) on what we have just studied. It should not be limited to our auditorium only, but be with us throughout our daily lives.

### **(2) The more we meditate on God's word, the more pure we become.**

Living a pure life free from sin is a very major part of our focus as believers (Titus 2:11-12; 2 Peter 3:11-14). One way of helping us to overcome temptation is to meditate and memorize scripture. David said a long time ago, *"How can a young man keep his way pure? By keeping it according to Your word. With all my heart I have sought You; do not let me wander from Your commandments. Your word I have treasured in my heart, that I may not sin against You."* David answers the question concerning a young person keeping his life pure by directing him to God's word as his standard of moral compass. And in verse eleven, he gave us the important role that meditation and memorization plays in keeping from sinning against the God we love. When one fills his heart with God's word, they will know the right course of action should be taken when tempted by the Devil (Psalm 119:104; I Corinthians 10:13).

When we read and meditate on examples of men like Joseph (Genesis 39:7-12) who ran from fornication, rather than give in to *"great wickedness."* We can meditate about men like Daniel, who would not compromise his faith (Daniel 1:8-16; 6:5-23). We can consider the actions of Paul who said, *"but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified."* And to keep our mind out of the gutter of worldly thinking, Paul exhorts us, *"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things."* (Philippians 4:8 NKJB)

You may have heard the phrase, *"garbage in, garbage out."* That describes the fact that what you fill something with— is going to be what comes out. We can make the spiritual application to what we fill our heart with or meditate on— good or evil? This is precisely the point of Jesus in Luke 6:45, *"The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart."* It really matters what we are thinking and meditating on!

### **(3) The more we meditate on God's word, the more secure our salvation.**

As we know from the scriptures, we can drift and fall away from God. Notice in Hebrews 2:1, *"For this reason we must pay much closer attention to what we have heard, so that we do not drift away from it."* When we stop meditating and wanting to learn God's word, we place our spiritual life in jeopardy. God word has all we need for our spiritual life (2 Timothy 3:16-17; 2 Peter 1:3) and if we ever get the frame of mind that we just don't need it anymore— we better rethink!

Going back to our original lesson text in 1 Timothy 4:16, *Pay close attention to yourself and to your teaching; persevere in these things, for as you do this you will ensure salvation both for yourself and for those who hear you."* If we want to be saved, let us heed Paul's advice and get to really know God's word by meditating on it *"day and night."* (Psalm 1:1-3)

**GOSPEL MEETING** Kevin Kay  
April 22nd–27th  
7:00 PM Nightly

**News and Notes:**

Sick and recovering: Tim Harris Sr, Tim Harris Jr, Chad Harris, Betty Hurst, Steve Switcher, Gail Armstrong, Nicky Curtis, Janis Johnson, Elmo Wilson, Martha Little, Martha Norvell (in Ripley Rehab), Charlene Newborn, Delain and Robbie Doles, Penny Carmichael, Brandi Meade's Uncle Greg Fields, and Kimberly McCullough, and June Lawson (Lisa Busby's Mom), and Mike LaRue.

Tim Harris' surgery was Thursday (5th). Kimberly McCullough was transported to Memphis and is doing some better.

**Local Meetings:**

Northeast Church of Christ at Tupelo- Wilson Adams **April 8th—13th** 7:00 PM Nightly.

**Our Gospel Meeting** is coming up **April 22-27**, with Kevin Kay. 7:00 PM Nightly.

A **Singing** will be held at the Middleton, Tn. Community Center on **May 12th** at 2:00 PM. Jim Deason will be leading the service. For additional info, please contact Dwain Barnes.

**Those Who Serve:**

**Sunday Morning 9:00 A.M. Service:**

**Opening Prayer:**

Paul Busby

**Preaching:**

Brian Meade

**Sermon:**

*"Friends: Good and Bad"*

**Auditorium Bible Class: 9:35am**

**Sunday Morning 10:30 A.M. Service:**

Fred Johnson

The Book of Luke (Mike Willis)

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**Sunday Morning 10:30 A.M. Service:**

**Announcements:**

Paul Johnson

**Opening Prayer & Scripture Reading:**

Adam Harris

*James 2:20-23*

**Song Leader:**

Lee Busby

**Lord's Table:**

Fred Johnson

**Assisting:**

Nathan Meade & Russell Briggs

**Preaching:**

Brian Meade

**Sermon:**

*"Being A Friend of God"*

**Closing Prayer:**

Tim Harris Sr.

**Wednesday Evening: 7:00 P.M.**

**April 11th:**

**Auditorium Bible Class:**

Brian Meade

1 & 2 Samuel (Mike Willis)

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**Invitation:**

Paul Johnson

**Song Leader:**

Dan Cottrell

**Closing Prayer:**

Daniel Holloway