

## THE DELIGHTFULLY SWEET & PRACTICAL BENEFITS OF BIBLICAL MEDITATION

“How do you learn to meditate? In mindfulness meditation, we’re learning how to pay attention to the breath as it goes in and out, and notice when the mind wanders from this task. This practice of returning to the breath builds the muscles of attention and mindfulness.” —*Mindful Staff*

“Mindfulness meditation isn’t about letting your thoughts wander. But it isn’t about trying to empty your mind, either. Instead, the practice involves paying close attention to the present moment — especially our own thoughts, emotions and sensations — whatever it is that’s happening.” —*David Gelles, New York Times*

“Meditation [is] deep thinking on the truths and spiritual realities revealed in Scripture for the purposes of understanding, application, and prayer.” —*Don Whitney*

### I. BIBLICAL MEDITATION DEPENDS UPON THE POSITION OF ONE’S HEART- 119:97

#### A. The position of one’s heart should be one of intense love

“There is a direct connection between meditation and a burning in our hearts—an emotional stirring. That connection may be negative, dwelling on a hurt or a disappointment and then being fire up with anger or bitterness. But the connection can also be positive, dwelling on truth, God, his Word, his works, and getting fired up with holy emotions. As we meditate, the fire burns.” —*Brian Borgman, Feelings and Faith* 204-205

#### B. The position of one’s heart should be one of life-altering love

### II. BIBLICAL MEDITATION IS DEEP THINKING WITH THE GOAL OF APPLICATION AND ADORATION- 119:97

#### A. THE GOAL OF MEDITATION IS APPLICATION- 119:97

“Therefore, God’s purpose for us in reading the Scripture is not only that we see his glory, and that we *savor* his glory, but also that we be

*“To know Him and to make Him known”*

*transformed* by this seeing and savoring, so that our visible, audible, touchable lives display the worth and beauty of God.”—John Piper, *Reading the Bible Supernaturally: Seeing and Savoring the Glory of God in Scripture* 137

### **B. THE GOAL OF MEDITATION IS ADORATION- 119:103**

“God’s greatness does not float over the Bible like a gas. It does not lurk in hidden places separate from the meaning of words and sentences. *It is seen and through the meaning of texts.*”—John Piper, *Reading the Bible Supernaturally: Seeing and Savoring the Glory of God in Scripture* 96

“The Bible does not leave us wondering what kind of worship God is aiming at in all his work and word....God is not pursuing lukewarm worship, but worship that is supremely authentic and intense—*everlasting, white-hot worship.*”—John Piper “*Reading the Bible Supernaturally: Seeing and Savoring the Glory of God in Scripture*” p. 60

### APPLICATION

“Too much clutter in your mind leaves insufficient room for devotion to Christ.”—Charles Swindoll “*So, You Want to Be Like Christ?*” 39

- Select an Appropriate Passage
- Repeat It in Different Ways
- Rewrite It in Your Own Words
- Look for Application of the Text
- Pray Through the Text
- Don’t Rush—Take Time! (Whitney, *Spiritual Disciplines for the Christian Life*, 52-56)