

## Meditation With God

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Yoga is a holistic practice originating in ancient India, encompassing physical, mental, and spiritual disciplines designed to harmonize mind and body, with the ultimate goal of achieving various states of liberation or well-being (Google AI). Yoga got its start over 5000 years ago in India in the Hindu and Buddhist religions. You can see many Buddha statues in a painful sitting position with their legs crossed in a weird manner. I'm afraid to do that position in fear of not being able to untangle my legs. Many do yoga as a way to release stress and some say it's a form of meditation. Even though, Yoga deals more with the physical, it can play a part in mental meditation. Pilates is another form of low impact exercises that was big when I was in school. I didn't do neither since I saw them as a sissy exercise when I was younger. In another ten years Pilates and yoga may be the only exercise I'll be able to do. I even had a general negative view of meditation. We talk about meditation in the Christian realm, but only when needed. We talk about fasting more than we do about meditation. Maybe we view meditation in the wrong way. First, let's look at the human view of meditation. Google AI states this about meditation: "It's a practice that involves training your attention and awareness to achieve a state of calm and clarity. It's a way to cultivate mindfulness, reduce stress, and improve overall well-being. By focusing the mind, often on the breath, individuals can learn to detach from distracting thoughts and achieve a more peaceful state of mind." The human thought for meditation focuses on the person who is doing the meditation through human effort either by breathing methods and focusing mental thoughts on positive items. I think many look at meditation in a negative thought because of the human view of meditation. Let's spend some time and look at the Biblical view of meditation.

Let's turn to Psalm 1: 1-2 where we read this,

"Blessed is the man<sup>[a]</sup>

who walks not in the counsel of the wicked,

nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
<sup>2</sup> but his delight is in the law<sup>[b]</sup> of the LORD,  
and on his law he meditates day and night. (ESV – Biblegateway.com)

We don't know who wrote this Psalm, but we see that the term "meditates" is used. This means we can't put this term on the shelf and forget about it. The Hebrew term used here is "haga" which means the act of thoughtful deliberation with the implication of speaking to oneself, to mourn, to moan (Strong's Concordance). The writer tells us that one is to delight in the law of the Lord and to meditate on it day and night. As I looked at the Hebrew term used for meditate, it looks like we are to have thoughtful deliberation to the point where we speak to one's self. Now, we look at this as someone who has some mental issues because they are talking to themselves. This Hebrew term is stressing the importance of thoughtful deliberation to the point where we are doing a complete investigation of God's law. We had talked about God's Word last Sunday. When we study God's Word, we are to spend time in thoughtful deliberation. Sometimes this may mean till it hurts. Part of meditation is spending time thinking about God's Word after reading it. How does this Scripture fit into my life or how does this piece of Scripture affect me now in the world I live in. So, meditation in this Scripture means to be in thoughtful deliberation upon God's Word and this may mean still it changes our thinking or how we view things. Rev. Billy Graham had an issue one time. Some other preachers were telling him about how to view God's Word. They believed God's Word was not all truth and Billy Graham had major issues with this. The article I was reading said Billy Graham laid the Bible down and asked God what to believe and he mediated on this. What do I mean by this?

Let's turn to Psalm 119: 97 – 104 where we read this,

<sup>97</sup> Oh how I love your law!

It is my meditation all the day.

<sup>98</sup> Your commandment makes me wiser than my enemies,  
for it is ever with me.



<sup>99</sup> I have more understanding than all my teachers,  
for your testimonies are my meditation.  
<sup>100</sup> I understand more than the aged,<sup>[a]</sup>  
for I keep your precepts.  
<sup>101</sup> I hold back my feet from every evil way,  
in order to keep your word.  
<sup>102</sup> I do not turn aside from your rules,  
for you have taught me.  
<sup>103</sup> How sweet are your words to my taste,  
sweeter than honey to my mouth!  
<sup>104</sup> Through your precepts I get understanding;  
therefore I hate every false way. (ESV – Biblegateway.com)

The writer here, who could be Ezra, uses a different Hebrew term for “meditate” which is “siha”. It means meditation and prayer. In other words, the writer here is meditating on the law of God in prayer. Maybe we can say this, the writer is having thoughtful deliberation on God’s Word through prayer. Billy Graham used Scripture as he prayed to God about how to view His Holy Word. Maybe he stated 2 Timothy where Paul tells Timothy that “all” Scripture is Holy Spirit inspired. Billy Graham spent time in prayer using Scripture and thinking about it till the Lord gave him the answer. Billy Graham believed in the full authority of God’s Word and we know how God worked through Graham’s ministry. This was the turning point of Graham’s ministry. How much different would Billy Graham’s ministry would have been if he didn’t mediate through prayer by using God’s Word? Billy Graham was successful because of his faith in prayer and in God’s Holy Word. The writer of this Psalm loves to mediate on God’s Word all day long. In other words, he has thoughtful deliberation of God’s Word all day long and in prayer. It’s just like when you hear a music tune and you can’t get it out of your head. It’s ok to think all day about a piece of Scripture you read that morning or the day before. That’s part of meditation. God’s Word will become sweeter than honey on your lips when you learn to think about God’s Word all day long and add it to your prayer.

When you meditate on God's Word, not only does it become sweeter than honey, other things happen. Psalm 19: 7-11 states this,

<sup>7</sup> The law of the LORD is perfect,<sup>[a]</sup>

reviving the soul;

the testimony of the LORD is sure,

making wise the simple;

<sup>8</sup> the precepts of the LORD are right,

rejoicing the heart;

the commandment of the LORD is pure,

enlightening the eyes;

<sup>9</sup> the fear of the LORD is clean,

enduring forever;

the rules<sup>[b]</sup> of the LORD are true,

and righteous altogether.

<sup>10</sup> More to be desired are they than gold,

even much fine gold;

sweeter also than honey

and drippings of the honeycomb.

<sup>11</sup> Moreover, by them is your servant warned;

in keeping them there is great reward." (EVS – Biblegateway.com)

Meditating on God's Word in thoughtful deliberation or in prayer helps us to see how perfect, sure, right, pure, clean, and true is God's Word. This means we need to spend quality time in God's Word and in prayer every day. Psalm 19 is written by King David and he has meditated on God's Word till he was able to see how good the Word of God is. Again, we need to allow ourselves time to have thoughtful deliberation on God's Word. Our view of God's Word will grow more and more positive every day. Then, we'll see that meditating on God's Word will also do this.

We read this from Psalm 19: 12 – 14,

<sup>12</sup> Who can discern his errors?

Declare me innocent from hidden faults.

- <sup>13</sup> Keep back your servant also from presumptuous sins;  
let them not have dominion over me!  
Then I shall be blameless,  
and innocent of great transgression.
- <sup>14</sup> Let the words of my mouth and the meditation of my heart  
be acceptable in your sight,  
O LORD, my rock and my redeemer.” (ESV – Biblegateway.com)

Meditating on God’s Word or in thoughtful deliberation will allow the Holy Spirit to shine light on sin. The Holy Spirit searches out our hidden faults and when we meditate on God, His righteousness will shine light on these faults. Why, because meditate shows our longing for Him. We long for Jesus to show us our faults so we can bring them to Him to be forgiven. We want to be Holy because He is Holy. So, King David here lets the words of his mouth and the meditation of his heart to be worship to God. Now, David uses a different Hebrew term for “meditation” which means muttering, melody. I looked up “muttering” in Hebrew and it is the same Hebrew term used earlier – “Haga”. So, David has a song in his heart after thoughtful deliberation on God who is his rock and redeemer. When a hymn or Christian song fills your heart and mind and you release that song in voice, it is a form of meditation. King David couldn’t hold it in and he wanted his meditation to be acceptable to his Lord. Is our meditation acceptable to the Lord?

The last item we’ll look at about meditation can be found in Psalm 19: 1-6 where we read this,

- “**19** The heavens declare the glory of God,  
and the sky above<sup>[a]</sup> proclaims his handiwork.
- <sup>2</sup> Day to day pours out speech,  
and night to night reveals knowledge.
- <sup>3</sup> There is no speech, nor are there words,  
whose voice is not heard.
- <sup>4</sup> Their voice<sup>[b]</sup> goes out through all the earth,  
and their words to the end of the world.
- In them he has set a tent for the sun,
- <sup>5</sup> which comes out like a bridegroom leaving his chamber,



and, like a strong man, runs its course with joy.

<sup>6</sup> Its rising is from the end of the heavens,  
and its circuit to the end of them,  
and there is nothing hidden from its heat.” (ESV – Biblegateway.com)

One of the easiest ways to meditate is to focus on God’s handiwork. Last week, I was asked by the park to spray a bee’s nest that was on the side of a roof – it was a paper nest. So, I waited till dusk and went to the nest. The nest was full of bees and they were asleep. There were four bees guarding the hole outside of the nest. They were all faced toward the hole in perfect distance. I thought it was the coolest thing till I sprayed them. It’s amazing to see how the Lord made each creature and plants to function for some type of purpose or how they play a role in the circle of life in nature. It shows the true power of our Lord and when we meditate on that, it gives us hope and strength in knowing who we serve. I pray that this sermon has helped you to better understand meditation in the Biblical way. It is different than human meditation, but it’s better. So, let us not be afraid to meditate on God’s Word or just have thoughtful deliberation of our Lord in prayer or in song. It is good for the spirit and soul. Plus, if the Holy Spirit can help us in prayer, He is more than capable to help us in meditation as well. Let’s spend more time with our Lord in meditation.

*The Strongest Strong’s Concordance.* Zondervan: Grand Rapids, 2001