



# Meditative Bible Reading

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#BCUK2020

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# Christian Meditation

- Much misunderstood



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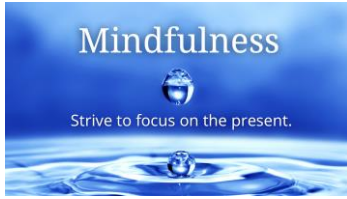
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Christian Meditation

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### Christian Meditation

- Much misunderstood
- Long tradition



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### John Owen

*By... meditation, I intend the thoughts of some subject spiritual and divine, with the fixing, forcing, and ordering of our thoughts about it, with a design to affect our own hearts and souls with the matter of it...*

*In meditation our principal aim is the affecting of our own hearts and minds with love, delight and [humility]*



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### Psalm 1

*Blessed is the man  
 who walks not in the counsel of the wicked,  
 nor stands in the way of sinners,  
 nor sits in the seat of scoffers;  
 but his delight is in the law of the Lord,  
 and on his law he meditates day and night..*




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### Christian Meditation

- Much misunderstood
- Long tradition
- Sorely missed




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### Thomas Watson

*A Christian without meditation is like  
 a soldier without arms, or a workman  
 without tools.*

*Without meditation, the truths of  
 God will not stay with us; the heart is  
 hard, and the memory slippery, and  
 without meditation all is lost.*




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### Christian Meditation

*As the Bee that dwells and abides upon the flower, to suck out all the sweetness that is in the flower; so to meditate upon God and Christ, and the Sacrament, it is to dwell upon God, and the Sacrament, to suck out all the sweetness we can in the things we meditate upon.*

Edmund Calamy, *The Art of Christian Meditation*



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### Christian Meditation

*I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and **to know this love that surpasses knowledge** – that you may be filled to the measure of all the fullness of God.*

Ephesians 3:17-19, NIV



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### Christian Meditation

*Meditation is the form of thought that is appropriate to revealed mystery. If the mystery were not revealed, thought would not be possible. Then the voiding of our minds might be appropriate. But if Gods revelation were a simple matter of fact, the intensity of mediation might seem foolish. Meditation is demanded by the revelation of wonders that go beyond our ability comprehend.*

Edmund Clowney, *Christian Meditation*



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### Meditation and the emotions

*Study is the finding out of a truth, meditation is the spiritual improvement of a truth; the one searcheth for the vein of gold, the other digs out the gold. Study is like a winter sun that hath little warmth and influence: meditation... melts the heart when it is frozen, and makes it drop into tears of love.*

Thomas Watson



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### Meditation and prayer

*Prayer fastens meditation upon the soul; prayer is a tying a knot at the end of meditation that it doth not slip; pray that God will keep those holy meditations in your mind for ever, that the savour of them may abide upon your hearts.*

Thomas Watson



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### The practice of Christian meditation

- Be alone
- Be silent
- Be unhurried
- Be regular
- Be persistent



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The practice of Christian meditation

- Consideration
- Soliloquy (self talk)
- Prayer




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First meditation John 11:1-17-32

*Meditate on the experience of Mary and Martha; their sense of bewilderment and loss; their confusion in the face of Jesus not appearing.*

*Connect that with your own experience or the experience of those you love*

*Speak to God about this sense of confusion and struggle*




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Second meditation John 11:28-37

*Meditate on the emotions of Christ; his indignation in the face of death; his tears and sorrow;*

*Consider how Christ has drawn near; that he, in all his glory, has come close to us; that he does so at great personal cost by entering into our own emotional struggle – even, finally, at the cross.*




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### Third meditation John 11:38-44

*Meditate on the majesty and glory of Christ; his power and might; his incomparably great power and his final victory over death and sin and evil.*

*Meditate on the freedom we find as we see his glory; what he has done sets us free because when we are consumed with his glory, we are no longer bound by the grave clothes of self interest.*



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### Christian Meditation

*It is not he that reads most; but he that meditates most, that will prove the choicest, sweetest, wisest, and strongest Christian.*

Thomas Brooks



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