

Ps. 119:97-104

- [97](#) O how love I thy law! it *is* my meditation all the day.
- [98](#) Thou through thy commandments hast made me wiser than mine enemies: for they *are* ever with me.
- [99](#) I have more understanding than all my teachers: for thy testimonies *are* my meditation.
- [100](#) I understand more than the ancients, because I keep thy precepts.
- [101](#) I have refrained my feet from every evil way, that I might keep thy word.
- [102](#) I have not departed from thy judgments: for thou hast taught me.
- [103](#) How sweet are thy words unto my taste! *yea, sweeter* than honey to my mouth!
- [104](#) Through thy precepts I get understanding: therefore I hate every false way.







Meditating as spiritual exercise

Meditation

- meletaō (G3191)
- Thayer Definition:
 - 1) to care for, attend to carefully, practice
 - 2) to meditate, i.e. to devise, contrive
 - 2a) used of the Greeks of the meditative pondering and the practice of orators and rhetoricians

I Tim. 4:15

Mk. 13:10

Acts 4:25

I Tim. 4.1-16

15 **Meditate** on these things;
give yourself entirely to
them, that your progress
may be evident to all.



**The
discursive,
analytic,
logical
process**

1

**... nourished in faith words
... attained good doctrine**

2

• ... refuse profane fables

3

• ... exercise unto godliness

4

**• ... command and teach
• ... be an example**

Mk. 13.1-11

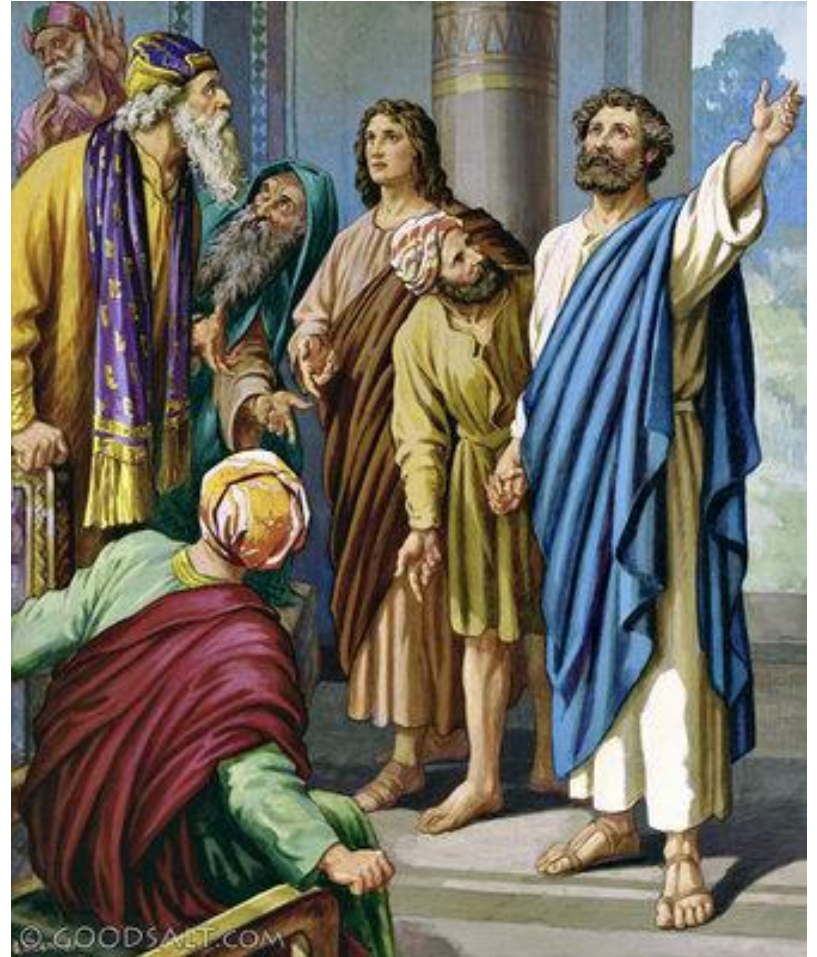
But when they shall lead *you*, and deliver you up, take no thought beforehand what ye shall speak,

neither do ye **premeditate**: but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost.



Acts 4.1-25

Who by the mouth of thy servant David hast said, Why did the heathen rage, and the people **imagine** vain things?



Meditation

in the language of contemporary psychological research

**... an attempt to get beyond “discursive thinking”
to achieve a deeper, more devout, or more
relaxed state.**

This is not be our focus

An influential definition by Shapiro (1982) states that "*meditation refers to a family of techniques which have in common a conscious attempt to focus attention in a nonanalytical way and an attempt not to dwell on discursive, ruminating thought*" (p. 6, italics in original). The term "discursive thought" has long been used in Western philosophy, and is often viewed as a synonym for logical thought.

Rappe, Sara (2000). [Reading neoplatonism : Non-discursive thinking in the texts of plotinus, proclus, and damascius](#). Cambridge; New York: Cambridge University Press. [ISBN 978-0-521-65158-5](#).

This does not mean that all meditation seeks to take a person beyond *all* thought processes, only those processes that are sometimes referred to as "discursive" or "logical".

Shapiro, 1982/1984; Bond, Ospina, et al., 2009; Appendix B, pp. 279–82 in Ospina, Bond, et al., 2007

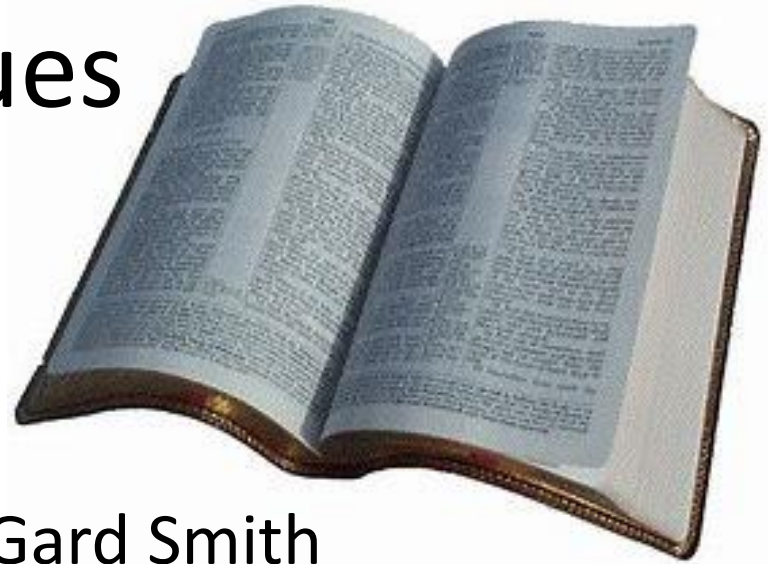
How do I do this?



Ps. 77:1-12

- **Sometimes we meditate on our relationship**
- **Sometimes we meditate on God**
- **Sometimes it is hard**

Techniques



- Read the entire Bible
 - Scheduled time
 - Multiple versions
 - Chronological Bible by F. LaGard Smith
- Listen to “YouVersion”
- Journal your thoughts and insights
- Read comments of others