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This book. All right, let's open a word of prayer. A gracious lord in heavenly. Father, we thank you for this lord's day. We ask that you be with us. As we go through this. Book on meditation. I prepare lord that you would help us to better understand what it means to meditate.

On the things of god. And to apply those to our heart for its in christening we pray. Amen. So, Just is just as sort of. Then opening it, maybe an introduction to this? That i actually hadn't planned on doing until this morning, but i like to read a lot of books.

So if you uh, ever see my Lounge chair. I have like a stack of books, my wife has cut it back a little bit. For me. So i don't have as many books because The way i read is, i don't read one book at a time. I read a little bit of this book then i go to the next book and then maybe just in in life you know, in general you have things that are of interest.

You i'll focus more on one book and go down that trail for a while. So i have all these books that i'm simultaneously reading. But i picked up a book. This week on. Uh, the story of dietrich bonhoeffer, he was a German pastor, During. During world war ii. And after i mean before, we'll look two and during World War 2 and actually he was uh, Hung by the nazis because of his opposition to hitler and the third, right?

But anyway, all i wanted to say that and how to applies to what we're Going to do today is that bonhopper even as a child. Always. Felt the call to be a theologian. That have been impressed upon his heart. So it came out. One day, he was in school, the teacher asked the students, what they wanted to be.

And bonhoeffer told the teacher that he wanted to be a theologian. And so, uh, that evening when he was at home at the dinner table, His sister, who was his twin. She told the family that deidred had said that day, that he wanted to be a great theologian. And so vitrix, father replied by saying.

I never knew you were interested in theology dietrich's. Father said to him, And then decorate replied. I wish i hadn't said it. Teacher said, meekly, everybody laughed. My grandfather was a great theoremologian. Said, paula, that was Dietrich's wife. Yes, but your grandfather, lived during a different time in history, replied, husband karl, bonhoeffer people respected the religion then and even the intellectuals took it seriously.

I'm afraid that most people would find it to be irrelevant today. That being religion, Amen. Call frederick said loudly and he and klaus laugh together. And then Dietrich, Bonhopper replied. But if i'm good at it, can i make it relevant? Decrease shot back. So, can he not make? Religion or the bible relevant to man?

And so, as we Endeavor. This study here of battle plan for the mine. Meditation, i would submit to you. Is the For lack of a better word, i would say. The glue. That takes the written words of god. In meditating upon them. And making it applicable. Or relevant to our lives.

You know, remember the book by Frances Shaper? How should we then live? Okay. So, so from the, the quote from Bondhopper there will I hope I can make it relevant? Well, we know that God through the power of the Holy Spirit is the one who does that, but that is what we hope to and endeavor to do today to see how the word of God through meditation becomes relevant in our lives.

So as the book starts off, you know, it uses an example. And I thought this was a good start. If you were invited over to someone's house who you knew was a master chef. Uh, and and they were very good at cooking. Like some of the older members here.

Will remember our previous pastor Charles Bradley. He was a culinary chef. So he always had very high regards when he cooked. Um, but being invited over to someone's house. And then you expect your expectation is to enjoy this wonderful meal made by this, excellent chef. And then right at the last minute before the meal is served, you receive a call from your boss.

And, you know, that. When he said, I need you at the office or I need you at the factory that you have to leave. So you have all this anticipation, you can see smell. But you never taste the good food. So, it says here, that's how we should view meditation, you know?

Using that example, you saw the food and you smelled it. But you never chewed it digested or benefited from it. So, if we read the Bible, without meditating upon God's word. Then we get some of the benefit but not all the benefit because meditation is what takes that word and through the Holy Spirit.

In wings it, deep into our hearts. It says here all the world all over the world. People go to hear the preaching of the word on the Lord's day. Those who are serious about spiritual growth, spend time regularly reading the Bible. However, though they hear and read the word too often.

They do not chew it. Or digested. Before their time, in the word is done. The world is calling. In other words, the affairs of the world there. They captivate what we're doing. And as a result, they can perhaps say something about the what the word says. But they have neither enjoyed the word in the power of the Spirit nor incorporated, it deeply into their lives.

They have not meditated. And then it says, in contrast there are some Christians. Sorry about that. My ears bleeding. I don't know why I keep I looked my hand. I said what have I done? I didn't cut myself with a knife. On the other hand, there are Christians who bloom where they are planted.

That means whatever life gives them. Oh thank you. Thank you very much.

Glad it's not a bad cut. I've heard the ear is one of the worst things to bleed that people have actually bled to death when they're used to get. So anyway Um, but on the other hand, Christians who have had all kinds of trials tribulations in their lives. As the world would say, you know, they got lemons, they turn that lemon, they make lemonade out of it.

Uh but it's not just because they said of my own power, I'm going to pull up my boots by my bootstraps and I'm going to make this work. So the question asks is, what is the secret? How have they learned to draw from the wells of salvation? How have they learned to meditate?

So we start off. With the question. What is meditation? She might want to. Attempt to answer that.

Okay. And how do you do it? And what are the practical ways to get started? If you're not done, Or haven't done it for a long time. Well, the author says, read the book. I could say that too, but i'm not going to say that, but But meditation, as we just described in our example is to taking of God's word.

And reading it. Through the pile of the holy spirit, asking god, to take that word and make it relevant. In our lives, so that we see the world in which we live through the eyes. Of scripture. And and, you know, to various Levels. People do that. But i find one of the things in christian them today and this is my own thought here is that We sort of have, if you look at Christianity and christianism, as a whole bunch churches, people have certain areas.

Where they very much. Have internalized, the word of god. But another areas they don't realize it but they've taken on humanism and given it a christian, a christian, a christian flavor. And so they have this convoluted type of understanding the world but so that's why it's so important for us to meditate on.

All of scripture. And i tell my story that as a boy growing up, i grew up more in a even evangelical home where A big focus was the new testament. And i realized how much i missed. By not having the old testament. So those of you that know me, know, i i love the old testament, you know, i i love the whole bible, but the old testament is especially Uh, real to me.

Because i felt like i was deprived for so long from that. So, in in the book, you'll see that in the first chapter, it's been broken up until like seven, seven different areas. Regarding different aspects of meditation. Um, the first Part really is they name the first Chapter, what is the importance?

Of recovering, the joyful habit of meditation. Why is it important? So they start out by asking the question. What has gone wrong? With modern christianity. And the author submits that when he's brought up, what he thinks is the issue, no one has ever degree disagreed with his charge. That modern christianity has really evolved into a superficial religion.

In other words, superficial that it really something we do out of habit, but it really doesn't mean anything or cause us to change our behavior. So, In the comment here. He says, generally speaking that when he brings up that comment, no one disagrees but There's really only two answers that most people give.

The one answer is. They would concede that our faith. Our christianity today is very anemic, it's very shallow. It's very superficial And that's because we need to construct our churches to be more user friendly in their worship. Shallower in their preaching, you know? So we preach to the lower.

Um, Uh, levels. Not What the word of god says, we try and dumb down. The the word of god. And, We have a very casual view. Of church commitment. And our vows, which i think, you know, is very, very evident in the life of the church today. Um, I i i would submit a grant to you that i've had a very low view.

Of commitment to the church over the years. Uh, especially my earlier. Time because of the fact that i thought joining in church was sort of like joining a club. You know, i joined the club because i wanted to be a part of it. And when i didn't like the club anymore, I quit.

And, and That's really not a covenant. So he outlines that that is one answer, most people would submit the second thing. He, the second view, which i think is the correct in the biblical view. Uh, which is in jeremiah 616 Which says thus saith the lord. Stand you in the ways and see and ask for the old path.

Where is the good way? And walk there in and ye shall find rest for your souls. But they said, we will not, we will not walk therein. So, The lighter answer to that question is, what's wrong with the church today? Is advocating for the church's return to a true biblical spirituality.

Uh, where a serious focus on god's word. Uh, to practice in one's own experience. In other words, what would you call that if you take god's word and you apply to your life and you live it, that would be your what what would you call that? Anybody want to guess.

Would you call that a world view? All right. And it influences, everything. Like i had these glasses and i can't see this page with without it when i put these on. This influence is how i see things. Okay, because sometimes i have to make up the words if i can't see them.

Okay. So these glasses affect how i see it, the word of god in meditating upon it and making it a part of your life. Influences. How you see? All of life. Even down. To the most. Mundane of things. You know, so Anyway, so that would be what he would advocate in this.

And then he uses as an example, In this regards. Because the book the title is the practical Uh, practice of meditate meditation and the doctrine of christian thinking. So, This is god's battle plan for the mind. So in the, in the First section here, the importance of recovering the joyful habit of meditation.

He spoke about. The author spoke about Psalm one. Blessed. A man blessed is a man who walketh not in the council, the ungodly, but in his law death, the meditate day and night. So internalizing and meditating upon the word of god. And, You know, i had a a very Keen example of that, just several weeks ago, we had a family in our community over to the house that neither of them.

Go to church but they were both raised in the church. And where somewhat? If you won't say in their teenage years early 20s leaders in their church, And so i, i I wasn't quite sure where they stood. So i picked some chapter one. Ironically to read that night to them.

And as we read it, They both agreed. How it's very good. Okay. But They're unmarried. They've had a child together. And all these different things and so i thought well how do you read this? And not. Apply it. Okay, and it could be many things. I'm just use that example.

And so, As we study meditation, we're learning, you know. As it says, here in the book a godly person. That's just not occasionally snack on god's truth. Rather. The word is his heart's delight and hourly consideration. Psalm one beautifully, demonstrate the practice of biblical meditation. What does it mean to meditate?

It means to think, personally, Practically seriously and earnestly. How the truth of god's word should look in this life. In other words, how should we then live as frantic schaffer use with his book? How should we then live? When he meditates the believer fills his mind with truth. So that his life becomes governed by the attitude of the savior Have you ever thought about that, you know?

When you go through an average day, You know, we come to church. So we have a focus on the things of god, but we should have that same attitude as we go throughout the day. Just You know, a circumstance comes up and you ever ask yourself the question. How would god want me to act in this in this situation on me now?

What would he have me to say? No. So you meditation gives us a way to fill our our very beings and souls with the understanding of what the thoughts of the savior would be that, we

then could apply to our heart. Sadly in recent years, many meditate with false or associate meditation with false religion of the far east.

And i think there's some truth to that. I think whenever be honest with me, if you hear, if i said to you hey let's go read the Bible. Meditate, how many would maybe a time stuff? That was a little weird. Yeah. Myself as well. And, And so he submits it's one of the things that has discouraged many people because they feel like it's getting like the eastern religion but one of the things that's interesting, if you compare biblical meditation with The meditation of.

The humanist is that. Or does anybody know what would be a major difference between those two? Besides one is humanistic and the other is god. But yes sir. I would say they're polar opposites in their Focus. Didn't. The eastern version of meditation emphasizes mindlessness. Yes. And so, Whereas, The biblical version would with emphasize totally having your mind on something around particular.

Which is outside of himself. Exactly. That's that's two categories polar opposites. As you said, it's david said, the eastern form meditation, you want to rid your mind of any thoughts. You don't want to think about anything. You want to be free. Uh, so to speak, not truly free, but free in the sense that the world would think, but Biblical meditation meditation is where we take that word, and we think about the things that we're saying, the things that we're doing in it in effects, all of our life.

So anyway, that's, uh, That's probably one of the reasons why they said over the last century. Meditation has defined or deteriorated to the point that it is where we don't. Really focus on it in our lives. So, The next point that we come to is, And i would encourage everyone as you go through this book, If you're not to make it a goal, To try and have biblical meditation.

When you read things, sometimes it's It's hard to do that. No, we We have a feeling like i i'm guilty of myself, okay. As a good christian, i got to do these things. I could get up, i gotta read my bible. You know, say a prayer and then move on.

Okay, it's very mechanicalistic in its approach. And, and so that, as we Go through this. If we could all maybe make it a goal to try and Take the time to really meditate on what god is saying to us because the benefits will be manifold to us. Now, the next section here we is meditation heels of believer's heart.

And settled the mind. And it says, right here, why have the past few generations of Believer's not focus on biblical meditation. And the answer he provides he says primary reason is we have a lack of confidence in god, what does he mean? When he says we have a lack of confidence in god, what would that what would that mean to you?

If i said I have a lack of confidence in god. You don't trust what he said. He'll do it, right, right? We've read numerous like when pastor james is, Preaching on abraham. When sarah was absconded by Pharaoh. You know, the whole reason abraham was going down there was because he didn't, he didn't trust the lord, you know, he was trying to work it out on his own when he said, hey, tell her.

To tell Ferrell that, you know, we're Brother and sister something like that. So, Uh yes that is that is correct that the fact that our lack of confidence in god's word is that we don't trust him for his promises. What does it say in the word of god? I will never leave you nor forsake you And so, when we are in the darkest or most dire of situations, Biblical meditation helps us to understand.

That god is working. We don't see it. Okay, we don't see it, you know? And i, i use this example, this wasn't in the book, i'm just going to throw this in right here, but You know, when my son Josiah had cancer 10 years ago, I remember i was i was very angry with god.

I said, you know, god. He's been a good son. He's got a good job, all the worldly things, right? You've done you, you know? Uh, He has a wonderful wife. Couldn't have picked somebody else. You know. God is no respecter of persons. But, I never. Could see. Now i'm fortunate in the sense that god allowed me to see just a little bit.

Sometimes we have things that happen in our life that we never get to see. What god was doing? Even though god is always at work, But, I have five little grandchildren now. That never. Would have been there had these things, not happened. And so i i think lord you at work all the time i was just So, godless To not even see those things.

So, So, the reason why meditation settles are heart, It's because in a world today, As we're bombarded with all different types of enticements and anxieties. They leave us feeling stress and inward troubled and because we don't really We say we know God but we really don't know god. We don't know his power, we don't know his comfort.

Uh, it becomes an escape mechanism for us. You know, and he lists several things that are escaped mechanisms, entertainment alcohol, hobbies worldly, amusing amusements, nine mind numbing pop music and and i i've really realized that especially that one thing in the last couple years. How Really pop music a rock.

Is my numbing you know people listen to it and what do you do? You forget about what's going on around you, you're mood. Maybe is changed to sort of a euphoric high for a little period of time because you're not focused. Um, on god, you just want to forget everything.

And what i find interesting especially about, The pop music of rock music is that many times that very song that you're listening to that, you say, oh, i really like the sound and that's how what mics used to be. Oh, i really like the sound of the music. I'm not listening to the words.

But when i go back and i listen to the words, i realize Wow. These are dismal. Or their godless. You know, and and This is what i'm feeding on, this is what i'm meditating on, you know, you don't even realize that you think you're, you're Turning out or turning off you know everything else the world and this is filling that but you're being filled filled many times with very, very godless thoughts and things to meditate because i've caught myself In the midst of maybe singing the words to a song.

And i thought, oh, Those are really not very good words. That i'm reciting. So Anyway, young people. Listen to that. Don't use my same excuse, you know. Oh, i'm not see, i'm not thinking about the words. I just like the 10 So, But what does meditation do? For the believer, meditation ties people's fluttering minds because you know, Unbelievers, and even believers who are not meditating on the word, god, word of god.

It takes their minds that are adrift and all these different things in the world and it ties them to the spiritual anchor. Of stability. William bate, who was one of the puritans he wrote. There is a great inconsistency in the thoughts of men. Both but meditation just chain and fashion them to a spiritual object.

Okay, uh also another admin, smith commented meditation will lead to a calmness of disposition. A serenity of mine. And a certainty about the ways of god, you know, i think about an example here, it doesn't give it, but Polly apostle, when he's on the ship and the ships going down and everything.

Uh, and You know, they're they're figuring out what they're going to do. We're dying and paul's very calm. Well what resided with in ball paul? The spirit of god, right? He he walked with the lord. Um, What about? Jonah. Remember now. Jonah knew he was running away from god.

But he knew why? What was happening was happening as well. So, Uh, they lead to a calmness of disposition. A serenity vine is certainly about the ways of god. Another individual said, He viewed. Meditation. And this is a pretty Powerful statement to make as A godly person's greatest need.

So what we need more than anything else to be able to meditate on word of god thomas watson also wrote a christian enters into meditation as a man in her into a hospital. That he may be healed. Meditation heals the soul and the deadness and earthliness. That's something we all struggle with earthliness.

Uh, another Puritan. Richard sibs said. This meditation is a serious act of the spirit towards the inward inwards of the soul, whose object is spiritual? Who's affection, is a provoked appetite to practice. Holy things, a kindling in us of the love of god and is zeal towards his truth, a healing of our, the numbered hearts.

So Uh, thus the spirit relieves the heart by applying divine truth through meditation. So that's how we take the written word and it is supplied as truth in our lives because the holy spirit makes that manifest thomas hooker, another puritan defined, medicaid, meditation. I keep saying, medication meditation as a serious intention of the mind whereby, we come to search out the truth.

And settle it effectively, effectually upon the heart.

So, the believer must personally, ponder and imitate and apply god's word to his own depressing case, the great puritan pastor, richard baxter, experiencing experience, many painful agonies during his sojourn here on earth. Yes, he was comforted by the habit of heavenly meditation. He was able to maintain wonderful equal nimity of mine through his trials and suffering even though they were extremely severe.

Believer. The streams of god's word word heal us just as effectively today. As in bacter's time, trust, the spirit of comfort to help you as you begin to dwell on the eternal truth of grace and peace and god's word. So we're about four minutes out. I'm going to stop since it's a natural break here but i want what i want to do is you may have any comments or thoughts you'd like to make it this time.

About your reading of the book or thoughts. Have you found it worthwhile? Yes, officer. Anything particular. Anything particular. Fact that what you express about coming? Music. Like me back home because of things. We really old.

In your mind. Attention say,

Right. And many times very wicked. Yeah. I mean, how many? When you say music, the one thing i thought about how many you ever heard the song by John Lennon. Imagine You ever listen to think about what the words are really saying in that song. It's frightening. And it is totally anti-god but yet i think, wow, that was a great song, you know.

Okay. So, we pray that god through meditation gives us the ability. To defend ourselves against falling prey to that anything else. Yes. Probably the target. Just Complete with you, pastorally.

As to one of the reasons why the sessions wants to do this book, Smile and speak with some
And i know it's probably the experience of most Here by the time they hit to speaking to me.

That's because i feel like they're Christian life is not working. And that maybe i like droid. I like
purpose. Feel or diligence. Like, love my life. Holiness. Courage. Resolutely served there are
For each one there, there's their own selects one, or few or many. Things that are not working.

But this is how the christian life. The works. The Lord ministers himself to us by this truth. The
solution for there's nothing like christian pillow potatoes. Joy comes by dwelling upon the Lord
and his fitness and his communicating himself. And that dwelling Purpose comes by blowing
upon the truth of this works.

That tells us what our purpose is and sets a vision for our life and our place in the world. And
we have for every single thing in our lives, where the person's life doesn't feel like it's working.
The lord. Uh, working in us by his truth. This, how it works.

That's That's why as we get important to price. Our delight is in the mall of the Lord. On his law
with meditate day and night. Become like a tree planted by rivers of water that brings forth
fruits and its season. Then whatever we do. That is. An actual and increasing experience.

Of the person y, when instead of Just sweating our inner thought by happened to us. Right,
that's what we mostly do. And we'll importance of the the music, or the sports, or the
entertainment, or whatever it is, that is the noise that we let proud in. So that our inner light, our
inner thought like happens to us.

The christian life. Is meant to be lived by a taking control of that inner fault life. By the scripture.
So, that you become this. Joyful. Diligent. Courageous. Comfort and comforting, and
sympathetic, and all of the things that we know we should be, but we suffer that we are And
it's lack of confidence in god actually doing this in the life by his word that his name was saying
earlier has led to where the church is today.

Because by and large the church. Has given up on the idea that The experience of the christian
in the bible is something that can actually happen. And so worship and discipleship and
christian life has has just been intentionally, communicated As a sort of. It's always going to be
an event.

And, and Failing and that's okay. We'll all just hold hands and to sure one another that it
couldn't be better than this and that's too bad.

That goes under the idea of grace. So right before we close because it's time, uh i'd like to
know that any young people here that have any things because a lot of times we have the
adults but any of the young people, anything from what you read that You were struck by.

Okay. Well, i hope that means you didn't read it. I hope it means. You just didn't have anything.
But anyway, yes, sir. I'm not too terribly young, but what's your younger than me so you're
qualify. About. This is a major theme of submission. Do we submit ourselves to god's word and
to god himself or you may submit ourselves to the world's design for us and even our own
flesh that would Um, you so quick to It's so easily.

Go to the first sin. That we think we have in ourselves without something from the outside, the
ability to become like God, And if we think that that's, that's a natural thing of them. Of the
heart and without something out pouring into us, that is the natural way things are going to go.

Yes. Yeah, so we even as christians look at the word as being underneath us, And so we need, we need to submit ourselves to the word so that it is over the top of us, in ministering to us. And that is a combat. It's it's more to do that in our own hearts.

Yep. Well it's funny. I said, to my wife this morning, you know they use this term about humanism that's creeping into the 21st century or the 20th century. You've probably heard it the new age movement. And i thought i said to her this morning. I said i think it's really strange.

Why do we say that? Because this is the old age movement. It's been the problem since day one. Men try to be like god. All right, mr. Patterson, would you close this in prayer, please?

Apologize, we do taking for For this time. You have set aside for us to. Consider. And to meditate. Upon. For your word. Follow. We pray that you would. You have your grace to us continually that we would seek to Read your word. And trust in you. As we meditate as we chew upon what we have read.

Heard that. We?

Mature and develop. Such a christian. Life and worldview. As to those outside of church. Want to know what it is. That The powers our lives in such a ways. We look to you. For joy, great. All things profitable as we. Let's go and worship you and you would open each one of our hearts.

We were seek to worship you, the spirited. We thank you and ask these things and then our organizations Jesus Christ. I mean, remember, next week week, we're going to pick up with the subtitled that says meditation provides enormous spiritual value. All right, let's prepare for worship.