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So, we're in the God's battle plan for the mind. All right, chapter 6.

The title of which is the practice of meditation. And there's a In the practice that, of course, brings to mind. Practical stuff. There are many practical things that come forth in this chapter. That i i think each one of us will find them to be helpful. I don't think there's probably very much new in here for any of us.

But for me, personally, I will certainly glad to get the remainders. That. We can basically come up with a plan on how we can be successful. As we all know, Without a plan, it's almost impossible to do something consistently. So, we're going to discuss. A time. For meditation. A place.

For meditation. And the amount of time. To set aside. Oh, four meditation. So beginning. With our time. Um, One of the things that he points out here. Is. It is quite frustrating to be told. To do something. Without receiving any kind of practical explanation. Of how how to do it.

So, Uh, the the puritans. Really left. No, part of the practical how-to. Parts of meditation to our imagination. They're spelled out a lot of good things for us. And so, One of the questions that comes up is Where the puritans justified in giving such details? Instructions on the practice of meditation, So, Anybody want to?

Consider that. Think about the The detailed instructions, whether that's necessary. Yes, baby. I i think when i read that, the most critical statement in the whole chapter was on page 53. Whatever is not planned does not get done. Yes, summarizes everything right, it really does. And The thing is the necessity of it, you know, scripture is filled throughout.

With, you know, remember what the lord has done, meditate on what he has done. So i think it's clear that we are instructed to meditate So, Um, The focus on practical application. Was a helpful characteristic in the Puritan sermon. And it did permeate all of the areas of the experience.

And, One of the, the next thing about that is even though The bible does not provide every detail on how to meditate The puritans felt justified in their prolonged explanations. This was based on scriptures, recording, this specific individuals regularly meditated. Um, Isaac. David. And mary. Must have all had a method of ordering their meditation.

And that goes back to what David said. The method of yes, you have to plan for it.

It is worth noting that john calvin did stress the importance of scriptural meditation. But he did not however work out any practical scheme from meditation. He left that later for the Puritans to develop,

One of the things that the puritans justified was godly meditation. Is multi-pattern faceted. Meditation. Deals. Not only with the mind but also the emotions and the will. Which is our affections.

For meditation to be effective. It has to enter into three doors. To understanding. The heart. And the conversation. Oh, thus the Puritans taught certain steps in their meditation. It was not to be a rigid in these matters. It was to be helpful. Uh, to the congregation.

In thomas boston's. Sermon of solid meditation. He canceled at the confess your inability to do for yourself what she wish to have. Petition for the lord, working it in you. Moreover. The piercings gave detailed advice on how to meditate in order to further the believer's success.

What did they put this much emphasis? On the art of meditation. Ball explained. That in the life of meditation take away meditation. And the duties of religion, lose life and bigger. So i think that's what we're all, you know, considering is

In today's world, with the many distractions that we have, Is very easy to lose track. Of our meditation. And, Possible to go. Hours and days without meditating it. So You know, for me what this book does is gives a lot of good reasons. To keep our minds on this and think about it to delight and prayer.

One of the quotes here is there is not a spark of fire upon our own hearth. That is able to kindle this spiritual delight. It is the holy ghost that breathes, such a heavenly heat into our affections. So, You know, one of our prayers certainly should be that the holy spirit would Continue to work.

Through us and in us, for our, the affections of our heart.

So, You know. One of the other quotes here is Um, Will hummus a brackle. Said that he did not wish to prescribe rules to you. But to be it, begin with it and you will experience yourself. Which way is the best for you. One of the important aspects of this, is making sure that you separate yourself fully.

Doing so, with the intention and the desire to think of nothing else during that time.

Um, again very practical In my experience, very difficult. I have to confess with you that are to you that This has been very helpful to me and encouraging to be able to use some of these Um, Examples and helps. Or to be able to seek the spirits aid in our meditation.

So, The next part of this is the best time of day for meditation. And i'm sure all of y'all that have read this. There's a lot of talk back and forth about when when is the best time of day. Um, There were several. That say that's in the morning when your freshman night's rest.

Um, There's others that. Let's say the evening is the best time. I think the consensus among most of these guys is, Middle of the day is not a good time for most people. Because you, you've already got the The cares of your everyday. A life, your work, your job, your family.

In there. So there's there are a good number of Examples of whether or not to. Go with a a morning meditation or an evening meditation. Again, it's what best works for you and what you can keep up. For me, that's kind of where the whole crux of the matter is.

Making it to the point where Oh, it's something that can be done, you know, regularly in the schedule. Anybody have any observations or thoughts about morning or evening, or We know might be. Okay, i thought we might help you. Pastor first. Well. And the rest of sounding like a meme.

Why not both? Absolutely. You can't stop. I think it's It's even better if you have, even if you have to abbreviate both on, And to bracket into them. I think we have multiple examples in

scripture. Of evening morning. The lord. Didn't need to take evening and morning off during the creation week.

Maybe more than he actually needed a sabbath at the end of the bridge. Those things are done for us. Something that is. So, we see in the In the psalms of the repeated pattern. As we see that with with our children do Deuteronomy six, When he rise up and when you lie down, or Stated times.

And that's, but goes into shaping that when you go out. There are. Different aspects to the meditation that takes place. In the morning and the evening. Um, the morning. There's Before, loving on the day. In the evenings, there is a review. Because it has to The Lord's mercies are so.

Continual. That you have a whole new reasons, phrasing ideas. Um, and we are Back. So pickle. Than anything that we need is a deal with. From our day with the lord. We will be. Information. It'll be a much less fresh in the morning than it will be. At the end of the day.

Um, this is very difficult. I'm gonna culture that caters to Um, Alike, that is not mindful of. Lord of the things that Set up to compete.

I mean, i came to my phone is Just a dreadful competitor on both endings of the day. Which is one of the reasons why A strong with representative physical model. For your Good morning, evening meditations. And stronger recommended. Anyways, i Uh, Often, when you come across, Here today into our landing on.

Those sides of something. It's a good step to trust ask. It is. Is the question of a nature. In which this is mutually exclusive. Some things off somethings can't evil. Relaxed. The right time of day to meditate on. The the scripture before the lord. To warm your heart towards savings.

So go through, well. That can definitely be both.

As much as okay? Can you see what mutually exclusive means? Mutually exclusive means, if it is one that it's not the other. Like male and female. There's a Okay, i saw a couple other hands. David I was curious. I think in those families in here are similar to my wife and i and that we have kids in the home all day.

Um, what the What methods you guys use? Other parents for your kids and to yourself to get meditation time for both yourself, your spouse, your kids. How do you do that? When does that happen for you guys? I, i've been finding that as my children get older and as i get more kids, which it feels is that Charles might be the final child.

I have to wake up earlier and earlier to get in private. Uh, meditation time before the lord. And so that's one piece, that's helped me. And then another one is, i'm very thankful to know that. My boy Ethan is 13, has started to take on some of his own kind of times of meditation and bible study, not that, that in any way, supplants, and family worship, but it does supplement it and helpful way and it helps me to be able to rely on him more.

As he steps, more into helping lead family worship. I know that i can defend on at least. Three people in the home. Myself by god's health. Defense as he comes along and my wife. At least, those are the three that are making a Consistent effort to be meditating forward daily.

And we hope that that Spreads itself through the younger children and this guy i'll be seven right up. The same as possible, right? Yeah.

Cooking this digestly turned me as big not directly before. But when we talk about them, puritans training how they find things. The early purity was called the totals, you know, they were actually planning a society. In addition to this that is no My interest significant tasks that they took across themselves.

So, their lives. Very, very important.

Okay, mr. Phil I was just. Companies, normal daily except you know, they were planting this society because of what they learned that out of course i mean that's probably wouldn't happen to communication has happened first rather than they continue. That's not what I was going to be saying, but it's going to say when you get older And Baxter in the book, mentions is about meditating in the night watches.

Industry. Get over here and they find that you don't sleep with well as she gets too. I find myself sitting up on the side of my bed is a little bit night. A lot and those become. The psalmist talks about meditating in the night watches. Those are the night watches.

So that that certainly doesn't need to be wasted time of. Oh, i wish i could go to sleep. I need to be useful time of It's kind of like at least for me at that point. It's like well what else am i supposed to do? Yeah, i want to agree with you because It's just like you say, if you're having trouble sleeping, There may be any more ideal classes come along over the next 24 hours since it just sit there and use the lack of rest and focused on god.

I don't know that it's so much like this. It's just

Yeah, you have times where you're awakens, it may be that you actually trying to sleep for 12 hours but you're only slept 80. Baxter mentions. On my watches, the psalmist comes about the mic watches that i will testify that that's a reality especially if you get Either, as you get older or as you get less done, less labeled to jump up and do something else.

Right, i would agree with you mr. Phil, i find myself at times In the night. Well, maybe my mind is the most clear. Two. Meditate upon the word of god. I'm glad you brought that up. Always have a copy of the more scriptures on your 19. Yeah, right. Absolutely.

Able to now that you can actually be them and your wife doesn't even know you're awake, but the light on be able to read Sometimes she does, sometimes she doesn't

Do it out. There's about to practice. Yeah. Everything's a different

This isn't, that's really excellent perfectly, but Products. I think, what do you say gray earlier this morning for the personal things is Usually, the most effective is. There's lots of past that need to be done in a day. That's the ideal time before those things get started. And then, Boardings.

Mutually right after breakfast with just because everyone's at the table and engaging them. Even right after dinner and then usually for But maybe, you know, i've been trying to do is before we go to sleep like the 30 minutes ago before, then To wash her in the word, and Going through in the The BP marriage books.

That's part of. Kind of family the cycle. Um, just because Used it was locked it. That's what children's age right now. There's lots of chores and things that could be done but we've tried to set that aside for a little bit. Have to be able to sleep.

Yes, thank you all that it is helpful to be able to consider those things that works for other folks. Um, The. The next part is the best place for meditation. And, Um, I was struck here. How many people i know? Including myself some in the past. Who. Foolishly try to read the bible.

When engaged in doing something else, i know their activity. Um, And i, you know, i think it's probably easy to do. Um,

But i think that Giving our whole Concentration. To the lord is. You know, very much our duty, our privilege, and our responsibility. And to teach, you know, our children as christian said, Washington or wives in the word and teaching our children, good habits. One of the things my parents did for me.

Um, you know, i was raised on the farm had to get on the school bus at 10 minutes till seven every morning. My dad, got my brother me up at five o'clock every morning. It's got milk. The cows, take care of things. Then we had time for breakfast, mom, fixed breakfast, during that time.

We ate and then we had our morning devotions. And if we had to skip something, we skipped something other Then, good morning, devotions. And that's always been. You know, something that has certainly have reflected on and it has been a very good habit. To get into. So, you know, i do i would encourage each of our fathers.

Mothers to work on that for our families because it does. It does work and it's very good habit to maintain.

I think everybody knows that in order to do this, we turn off all of our Our screens. Um, That's, For some people that's more difficult than others. But it's something that we need to, you know, encourage each other in and encourage our families in. You know. Obviously an honestly, that is something that Satan uses, you know, in his deception Is distraction.

And so, that is a that is a good warning to hear that.

Another thing i think pastor worked on this, just a little bit. Is the amount of time necessary. For meditation. One of the things i was struck by in this part is You know, it may take some time for of meditating. You know, for the spark to happen and when that spark does happen in, you know, the The holy spirit is working.

You know, in your heart and your mind. Um, You need to have the freedom of time. To continue instead of cutting it off at a particular time. So i thought that was interesting that he brought that up So i think at this point we will probably end, see if there's any more questions for observances.

Yes. Just on the question. How much time? The more you have planned. The last time you have to spend in doing, The way you begin, these are things that will get to the rest of the chapter. It's beginning with where, Interacting with God about The interacting with a broad that you are about to do.

Accelerates. Um, Actually reading. Reflectively, meditatively, before him. The more consistent you are. More profitable. Your clients and meditation to come. Which means if you're not a costume to it, or if you call it on a practice, With music, doesn't have to get over the hump and start doing it.

And don't expect to see great. And the first time for the third time, you're back doing it. There's a there's a habit of my heart. The increases the probability into the long. And one of the, the

great things that reduces the amount of time it takes To meditate, genuinely, and sincerely upon the word.

And before the lord is then to use That occasional meditation throughout the day. Reflecting back upon the word so that Your heart and mind, our reset to zero. And you're starting your. Your spiritual engine and all the oil in the face. Um, And keep the engine running. Then we got to go again.

It's ready to go. Yes, good analogy. Like the day is full of surprises. How wonderful to have. Right there? Ready to go. An island injured that can pass on. Something that could lead to. All right. Questioning or just being distraught that the word is ready to address fears, our joys, our anxieties in the moments as they happen and not scrambling for In the dark to find the keys to which you need to know everything.

And it's an irony that Those who could spend the most time easily. Actually need the least time. In order to genuinely interact with all. Uh, but they don't. Yeah, i choose to spend more time just before. The sweetness of the time of the board and wanted to get partner with him.

And And just reminded me that It's really like to preach on the songs here, sometimes. We'll get to the cover mobile one. If you understand, And then it's primarily between Christ and the church in Christ and the believer's soul. Then this aspect of the believing life. Thinking about him when you can't be with him.

And then stealing every moment that you can be And, Suddenly the, how long question is, Yeah, neither intimidating. Nor? Legalistic is the way that. You think of the depending was protecting relationships, i guess the how much time you got actually. Much more spiritually significant in what it tells you about yourself.

And how things are with the Lord. Then the question of Well, how much time is the right amount of time? Okay, let us pray and get prepared for worship. Father god, we are thankful for This time together to Consider. This very important aspect of our Earthly. Christian life of The scriptural meditation.

So, thinking upon you, Seeking your holy spirit work in our lives and our hearts. Those of our family and our church family. So follow we are humbled at. You have given this time to open up. This part. Of our christian life. I do pray that you would encourage each one of us through your spirit's work.

This week. To consider these things to meditate upon them. And to Put into practice. What you would have us to do this? We Seek to Spiritually walk with you. Every day of our lives that you have given us on this earth. So, father, pray that you would go with us as we gather to worship you.

And then she would. Be with.

With our pastor. Oh, is he seeks to open the word? To us. And that you would. Of each one of us to clear our minds and our thoughts. That we may. Worship you. And spirit. And in truth this day. Nice. And all of these things in jesus name, I'm in.