



## Meditation and Reflection on God's Word

Ever wonder why doing something simple in concept is difficult in practice? Meeting with God through prayer and study of Scripture is a pretty straight-forward concept. Yet for many of us, it is a difficult thing to be consistent with. Why? Because regular time in God's Word isn't just a scheduling issue.

*"Satan's first objective is to remove the Word of God from your mind so that, when you hear it, you let it go in one ear and out the other. If you can dismiss the Word of God, and pay no attention to it, then Satan will have prevented it from being watered so that it can produce fruit. Satan will blind your mind to the truth of the Word of God if at all possible. Where there is no Word, there can be no growth, and where there is no Word, there can be no fruit. Fruit in the life of an individual is dependent upon the reception of the Word of God because there can be no fruit apart from the living seed. To keep you from receiving the Word of God, Satan will substitute something else.*

– J. Dwight Pentecost, "Your Adversary the Devil", chapter 12

Men, we are in a battle. Our enemy does not want us to be strengthened and refreshed through daily interaction with God and His Word. He'll do everything he can to distract us and make something more urgent or important. This is a spiritual battle. We must prepare ourselves to fight well.

*"We have one offensive weapon, the sword of the Spirit, the Word of God. But what many Christians fail to realize is that we can't draw the sword from someone else's scabbard. If we don't wear it, we can't wield it. If the Word of God does not abide in us, we will reach in vain when the enemy attacks. But if we do wear it, if it lives within us, what mighty warriors we can be!"*

– John Piper, Desiring God

*"I write to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one" (1 John 2:14).*

## Cleaning House

*"That which the Word of God produces in your life is directly related to the preparation you have permitted the Spirit of God to do in your life and heart. If you came to the Word with an unprepared heart, the seed is taken away. If you came to the Word with a life choked up with weeds, with sin, with bitterness, with jealousy, with strife, the Word will never come to fruit. But if you come to the Word of God with a life that has been prepared to receive the truth of the Word by the Spirit of God, the good seed sown by the Lord Jesus will produce its fruit. As living seed, it must reproduce."*

– J. Dwight Pentecost, "The Doctrine of Satan"

On the next page, list the excuses and lies you've believed about yourself and your quiet times with God. Confess your unbelief, disappointment and struggle with making the reading, studying and meditation on Scripture a priority. If you are in the Word consistently, are you finding it more like task, than treasure? Why? Now is the time to clean house and commit to a fresh engagement with God's Word.









## Other Quotes and Scripture to Ponder

### **Psalms 1:1-3 (NIV)**

*Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.*

### **Psalms 119:97 (NIV)**

*Oh, how I love your law! I meditate on it all day long.*

### **Psalms 119:105 (NIV)**

*Your word is a lamp to my feet and a light for my path.*

### **1 Timothy 4:16 (NIV)**

*Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.*

### **2 Timothy 3:16-17 (NIV)**

*All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.*

### **A Godly Man is a lover of the Word**

*“Thy word have I hid in my heart’ (Ps. 119:11) – as one hides a treasure so that it should not be stolen. The Word is a jewel; the heart is the cabinet where it must be locked up. Many hide the Word in their memory, but not in their heart. And why would David enclose the Word in his heart? ‘That I might be kept from sinning against thee.’ As a man would carry an antidote about him when he comes near an infected place, so a godly man carries the Word in his heart as a spiritual antidote to preserve him from the infection of sin. Why have so many been poisoned with error, others with moral vice, but because they have not hidden the Word as a holy antidote in their heart?”*

– Thomas Watson, “The Godly Man’s Picture”, p.62

*“Let us, therefore, labour most assiduously in learning the contents of the Book of God, and never forget it is the only writing in which the Creator and Preserver of heaven and earth condescends to converse with man. It would be a reproach on the Holy Spirit of truth to imagine he had taught us any thing whose knowledge might not be of use to us; and let us ever remember that his instructions tend invariably to the advancement of our piety.”*

– Samuel Dunn, “The Best of John Calvin”, p.92

*“We feel most deeply about things when we think most deeply about them. Why is it that we can read a passage of Scripture at home, and it may affect us very little, but then our pastor can preach on that same passage and we are deeply stirred? It’s because when we read it at home, our eyes pass over the words in a few seconds, we close the Bible, and the words immediately leak out of our minds. But when we sit under a preacher who focuses our attention on that same passage for several minutes –*

*pointing out details of the text, comparing it with other passages, illustrating and applying it – our emotions are kindled, and we begin to feel more deeply about what God says in that section of Scripture.*

*The tendency of most Christians in our hurried, overburdened times is to close the Bible as soon as we've read it and turn to the next thing on our to-do list. If pressed, we'd usually have to admit – immediately after closing the Bible – that we don't remember a thing we've read. Reading alone will seldom give us the encounter with God, the spiritual nourishment, that our souls need.*

*Reading is the exposure to Scripture – and that's the starting place - but meditation is the absorption of Scripture. And it is the absorption of Scripture that causes the water of the Word of God to percolate deeply into the parched soil of the soul and refresh it."*

– John Piper & Justin Taylor, "A God Entranced Vision of All Things", p.114

*"But what I am going to stress is the necessity for diligent and persevering searching of the Scripture; study whereby we shall turn and turn again the pages of Scripture; the study of prolonged thought and meditation by which our hearts and minds may become soaked with the truth of the Bible and by which the deepest springs of thought, feeling and action may be stirred and directed; the study by which the Word of God will grip us, bind us, hold us, pull us, drive us, raise us up from the dunghill, bring us down from our high conceits and make us its bondservants in all of thought, life, and conduct."*

– Banner of Truth Trust, "The Collected Writings of John Murray, Volume 1"

*The Sword of the Spirit is full of victory. But how few will give themselves to the deep and disciplined exercise of soul to take it up and wield it with joy and power!"*

– John Piper, "Desiring God", p.151-2.