

Sanctification 101

Lesson 5

Memorization & Meditation

PART I EXPLANATION

Introduction: There is no greater way to have the word of Christ dwell in you richly than by memorizing and meditating upon the Scriptures. We are sanctified and washed by the water of the Word and these are ways to allow the water to soak in and do a deep cleaning. Christ exemplified the importance of memorizing and knowing the Scriptures when responding to the temptations of the Devil. Each time He was tempted, His response was to quote the Scriptures. The interesting thing to note is that in the temptation, the Devil himself was quoting Scriptures, only putting a wrong interpretation and application to them. It is extremely important that we know our weapon (the Sword of the Spirit) if we are to succeed in this spiritual war.

Those most proficient with a firearm are able to disassemble and reassemble their weapon blindfolded. It reveals that they have a great familiarity with each component of their weapon. To know the Scriptures without looking is a great advantage to fend off the enemy while those unfamiliar with the Word of God are extremely vulnerable to attack. The Devil loves to fill our minds with unprofitable not to mention sinful thoughts. Whatever we fill our minds with is going to control what we unconsciously think about. Our thought life can be a great source of spiritual strength and growth or a great temptation and distraction on a daily basis.

That is why it is necessary to be proactive in controlling our thoughts, by filling our minds with the Scriptures through meditation and memorization. This requires setting aside time free from distraction each day for contemplation of the Scriptures. A hurried, cursory glance provides no more sustenance for the soul than a Pop-Tart. A good practice is to read the Scriptures for several minutes and then go for a walk while you ponder and pray over them for greater understanding and application. This allows time for the mind to absorb and settle them firmly into your mind before being forced out by the cares of this life.

Failure to have a daily practice of meditating upon the Scriptures is possibly the greatest cause of biblical ignorance among Christians. Even reading the Scriptures, without taking time to digest them, does not provide the necessary sustenance to promote spiritual growth. It would be comparable to chewing our food and spitting it out before swallowing. Without proper digestion, the nourishment is never received by the body. Proper digestion requires breaking food down into a form that the body can absorb, which requires time. Failure to meditate on the Scriptures is also the reason why greater benefit is not derived from hearing the preaching of the Word of God. Listening to preaching without pondering and applying it to your life before returning to the activities and entertainment of the world is disruptive to the digestive process.

While most Christians recognize the value of Scripture memory and encourage it in their children, they are not setting the example themselves. The best way to promote Scripture memory is to work together as a family or with someone else. This provides accountability and provokes further discussion about the true meaning of a passage. What strides would be taken in our Christian life if we replaced mindless hours of computer and television viewing with precious moments in the Word of God.

Definitions: *For English use the Webster's 1828 Dictionary and copy all appropriate definitions for each word. For the Greek and Hebrew use a Strong's Concordance and copy the definition. The Strong's number is in parenthesis.*

English: **Memorize** -

Meditate -

Greek: (1774) **enoikeo** *en-oy-keh'-o*

(3191) **meletao** *mel-et-ah'-o*

Hebrew: (6845) **tsaphan** *tsaw-fan'*

(1897) **hagah** *haw-gaw'*

Quotation:

“The only cause why you forget so fast as you hear...is because you went from sermon to dinner, and never thought any more of the matter; as though it were enough to hear; like sieves, which hold water no longer than they are in a river.” Henry Smith

“What is the reason there is so much preaching and so little practice? For want of meditation... musing makes the fire burn. Green wood is not kindled by a flash or spark, but by constant blowing.” Thomas Manton

“Meditation will keep your hearts and souls from sinful thoughts. When the vessel is full you can put in no more...If the heart be full of sinful thoughts, there is no room for holy and heavenly thoughts: if the heart be full of holy and heavenly thoughts by meditation, there is no room for evil and sinful thoughts.” William Bridge

“Meditation is the best beginning of prayer, and prayer the best conclusion of meditation.” George Swinnoek

“Meditation applieth, meditation healeth, meditation instructeth.” Ezekiel Culverwell

“If I have observed anything by experience, it is this: a man may take the measure of his growth and decay in grace according to his thoughts and meditations upon the Person of Christ, and the glory of Christ’s kingdom, and of His love.” John Owen

“Accustom yourself to a serious meditation every morning. Fresh airing our souls in heaven will engender in us a purer spirit and nobler thoughts.” Stephen Charnock

“Continued meditation brings great profit to the soul...Deliberate meditation is of most use because it secures the return of the thoughts.” Thomas Manton

“There are two things that make meditation hard. The one is, because men are not used thereunto... and another is, because they do not love God enough. Everything is hard at the first: ... meditation will be hard at the first. There is nothing not hard to those that are unwilling. There is nothing hard to those that love, love makes all things easy.” William Bridge

Confessions: (Look up and read these articles)

London Confession of Faith of 1689

Chapter 22 Of Religious Worship and the Sabbath day - paragraph 8

PART II EXPLORATION

Key Questions (*Answer in writing*)

1. Explain why memorization and mediation are compared to deep cleaning?

2. How did Christ illustrate the importance of memorizing the Scriptures?

3. Why is it necessary to be proactive in controlling our thoughts?

4. What is possibly the greatest cause of biblical ignorance among Christians?

5. What do the Scriptures promise as a result of meditation (Joshua 1, Psalm 1)?

6. What is a good way to begin learning the practice of meditation?

7. What effect did possessing the Scriptures have upon Jeremiah (ch. 5,15,20)?

8. Why is it that we remember so little of the preaching that we hear?

9. According to I John 2:14 what is the cause and result of the strength of young men?

10. In I Timothy 4:15 what was the reason Paul told Timothy to meditate?

Key Scriptures: *(Look up these verses and fill in the blank)*

Joshua 1:6-8 When Moses was turning over the leadership of the nation to Joshua he challenged him to be strong by not allowing the word of God to _____ out of his mouth. He told him to meditate upon it _____ and _____ and to observe all that is written which would cause him to be _____ and have _____.

Psalm 1:1-3 The man is _____ that delights in the law of God and meditates in it day and night. He will

have constant source of strength like a tree planted by the
_____ of water and whatsoever he does shall _____.

Psalm 63:5-6 Your _____ will be _____ when it meditates upon God through the _____.

Psalm 77:12 It is good to meditate on the _____ of God.

Psalm 119:11 The benefit of memorizing God's word in your _____ is that it will keep you from _____.

Psalm 119:15 David purposed to _____ upon God's word and to always have _____ for His ways.

Psalm 119:148 David couldn't sleep some nights because he was busy meditating on the
_____ of God.

Isaiah 26:3 God promises to keep us in _____ peace when our minds are
_____ upon Him.

Jeremiah 5:14 God promised to make His word _____ in Jeremiah's mouth.

Jeremiah 15:16 Jeremiah ate the word of God and it was the _____ of his heart.

Jeremiah 20:9 When Jeremiah was discouraged and refused to _____ God's name, the word of God was
already in his heart as a _____ that he could not keep silent.

Romans 10:8 The word of God is to be close to us, even in our _____ and our
_____.

Colossians 3:16 Paul challenged the saints to let the word of Christ _____ in them richly.

I Timothy 4:15 Paul reminded Timothy of meditating and giving himself completely to the word of God that his
growth would _____ to everyone.

I John 2:14 The cause of spiritual strength is to have the _____ of God abiding _____ you.

Key Chapter(s) (*Read daily and summarize in your own words the meaning of the chapter*):

Psalm 1

PART III EXPECTATION

Memory verse: Psalm 119:11

Personal definition: (*Write a definition in your own words*)

Memorize -

Meditate –

Personal application: Write the memory verse on an index card and go for a long walk thinking and praying over the meaning of the verse.

Meditation question: *(be prepared for discussion)*

What is the greatest hindrance to meditation in your life?

Extra credit: Spend 15 minutes a day meditating upon a verse of Scripture.