

TAKING TIME TO MEDITATE ON SPIRITUAL THINGS

Note to the speaker:

Help the audience to appreciate the vital role meditation plays in the spiritual life of a Christian. Encourage all to set aside quality time regularly to meditate on spiritual things. Stress that proper meditation requires both time and effort, and show the right way to meditate

MEDITATION ENCOURAGED IN THE SCRIPTURES (6 min.)

To know God, one must take in accurate knowledge from Scriptures (Joh 17:3)

Additionally, one should observe God's creative works (*w*90 9/15 15)

After study and observation, a person must meditate seriously in order to know God (Ps 143:5)

Not enough simply to think about things; need to see connection between them and Jehovah (*w*93 9/15 16)

Meditation was essential for Joshua to do well

Joshua had succeeded Moses and was preparing to lead Jehovah's people into the Promised Land in 1473 B.C.E.

Jehovah gave instructions to Joshua (Jos 1:1-9)

As shown in verse 8, Joshua had to meditate constantly on God's Law in order to act wisely and have Jehovah's blessing

Those who meditate on God's Word are pronounced happy (Ps 1:1, 2)

Meditation is a characteristic of those who are righteous and understanding (Ps 49:3; Pr 15:28; *w*79 1/1 28; *w*79 5/1 10)

CHRISTIANS MUST NOT BE CONFUSED BY WORLD'S VIEW OF MEDITATION (8 min.)

Christians must be careful not to confuse proper meditation with worldly concepts of meditation

Hinduism: Transcendental meditation (TM) (*g*76 11/8 26-8)

Although some advocates deny religious involvement, usually an altar is involved, as well as a chant in Sanskrit acknowledging Brahma as the Creator; other chants praise the Hindu trinity

Christians acknowledge only Jehovah as Creator (Re 4:11)

We know from the Bible that only God's Kingdom can solve the deep problems of human society (Da 2:44; 7:13, 14)

Buddhism: Prescribes meditation but not the kind encouraged by the Bible (*sh* 146-7; *g*74 1/8 16-19)

Buddhists advocate meditating by concentration on a single object, a certain part of the body, or a phrase or riddle

The mind is eventually emptied of all other thoughts and feelings

In time the one meditating may no longer desire life or any pleasure associated with life

Such meditation is not compatible with the Bible, for by emptying the mind of all conscious thought, a person opens himself up to demon influence (Note principle at Matthew 12:43-45; *w*87 3/1 8-9; *w*81 2/15 26)

WHAT PROPER MEDITATION INVOLVES (10 min.)

Meditation is defined as: "The kind of deep, concentrated thinking in which a person seriously reflects on past experiences, ponders and muses over current matters, or thoughtfully contemplates possible future events" (*it*-2 363)

Need to keep mind focused and learn to meditate

Meditation is not daydreaming, allowing mind to drift into idle reverie (*w*84 2/1 27-30)

Must take care that heart does not turn meditations to scheming or planning to satisfy improper desires

For meditation to be beneficial and faith-strengthening, one must avoid speculation

Speculation results in conclusions unsupported by factual evidence; danger in such speculation (Col 2:8; *w*75 380, 389)

Speculative thinking has caused some to fall away from the truth (2Ti 2:18)

Meditating on "empty things," things devoid of all good, can lead one to oppose Jehovah and his servants (Ac 4:25, 26; *it*-2 363)

To meditate properly, one needs to be relaxed, free from anxieties

A person must be alone with his thoughts, not distracted by TV, music, and so forth

Should seek out quiet times and places, perhaps at night (Ps 63:6)

Isaac walked alone in early evening to meditate (Ge 24:63)

Meditation should be focused on beneficial things (Ps 77:12; *w*77 166)

Should not think pensively on devices of wicked (Pr 24:1, 2)

Both the heart and the mind should be involved in meditation (Pr 15:28)

IMPORTANCE OF MEDITATION ON SPIRITUAL THINGS (18 min.)

Meditation is necessary for wisdom, important for spiritual advancement

Paul advised Timothy to meditate on his own conduct, ministry, teaching (1Ti 4:15)

The overhasty person usually fails to consider knowledge or give thoughtful consideration (*it-2* 1140-1)

The understanding person meditates to determine the significance of counsel (Job 23:5)

This could have been personal counsel, a talk at a meeting, or an article he has read

Give consideration to consequences of decisions and actions so as to avoid calamity (Ps 73:2, 3, 16-18; *w78* 10/15 14-15)

Israel failed to consider “their end afterward” (De 32:28-30)

Meditate on your relationship with Jehovah (*w77* 165-6)

Weak relationship may indicate lack of deep thinking (Lu 8:11-13)

Meditate to understand Jehovah’s qualities and dealings with a view to making them part of your personality (*w90* 3/1 13-14; *w78* 2/15 28-9; *wt* 28-31 pars. 12-13)

Concentrate on how you fit in with Jehovah’s purpose

Consider past, present, and future activity

Reflecting on past can help you see your mistakes and improve life

Israel’s past sins should have served as a reminder to them (De 9:7)

Remember your former acts of loyalty (Heb 10:32, 33; *it-2* 1089)

Meditate on past course of faithful ones (*w72* 404-5)

Contemplate present and future activity with a view to improving

Think seriously of your goals, your priorities, your conscience

Meditate on how you are using your life now and what you plan to do in future

Decisions may affect your life eternally

Meditation on spiritual things will make you a deeper person

Such meditations will be reflected in your speech (Ps 49:3; Eph 4:29, 31, 32)

CONTINUE TO TAKE TIME TO MEDITATE ON SPIRITUAL THINGS (3 min.)

Do not allow fast pace of daily life to keep you from meditating

As Jesus needed solitary periods of prayer and spiritual refreshment, so do you (Mr 6:30, 31; Lu 6:12)

Treasure times set aside for meditation

Regularly meditate on spiritual things (Php 4:8, 9)

Will make you an encouragement and a refreshment to others and will enhance your relationship with Jehovah

(Adhere closely to the outlined material, and observe the indicated timing of each section. Not all cited texts need be read. Source material in parentheses need not be mentioned)