



Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

1 Timothy 4:15

Mind - Isaiah 26:3

Eyes - 1 John 1:1

Distraction - 1 Corinthians 7:35

Ideas - 2 Thessalonians 2:13

Thoughts - Jeremiah 29:11

Actions - 1 Samuel 2:3

Time - Romans 13:11

Environment - Psalms 24:1

What do we ponder? To meditate is to consider deliberately. There are only two ways humans will contemplate when they reach maturity. Either the narrow way or the roadway, the Word of God or the world, the godly or the ungodly, good or evil. There is no in-between. However, those who try to do both ways by going the narrow and roadway gain no ground: like a person going back and forth, they finish where they started.

For believers, to meditate is to converse with God, and with themselves, by pious and profitable thoughts and climax, and fervent prayers, as for other things, so particularly for the blessing of God upon this affair, and so their prayers are eminently answered. They choose a solitary place, wherein he might more freely attend to God without interruption or distraction. To meditate is first mentioned in Genesis twenty-four, verse sixty-three, and the only example concerning a servant of God. Although this chapter is about Isaac and Rebekah, the son of Abraham went out to the field at eventide. The verse begins with Isaac going out in the evening alone to meditate.

Both the time and place were very proper for meditation: the place where he might view the works of nature, converse with the Creator of them, and the praise of Him, and where he might be alone, and nothing to disturb his thoughts. The time in the evening after the labor, care, and hurry of the day were over, before repose at night, and when the air was cool and refreshing, and everything was assisting to and served to compose the mind and help thought and contemplation. In the second part of Genesis twenty-four, verse sixty-three, did Isaac know the camels and the rest were coming at the time when he went? In verse sixty-five, the question from Rebekah to her servant is: "What man is this that walketh in the field to meet us?" The curiosity of Rebekah, as any person would, coincidence? "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you," as in Matthew six, verse thirty-three, is what Isaac did and received according to the obedience and commitment through the examples of Abraham, Abraham's servant, and himself. They all put God first and meditate upon Him with the reward far more than they could expect.

To meditate is to keep the mind upon the Lord. For believers, as the trying and stressful days occur, God will manage the remnant in perfect peace who remain steadfast and faithful to the Lord. In times of trouble, the people of God must continually strive to keep their minds turned to the Lord in prayer, trust, and hope. We must trust Him because He is our Rock and firm foundation. The mind is where the battleground is for the godly and the ungodly. Everyone has an opportunity to change their mindset and make them be their Rock in whatever circumstance they face.

Moses, in Numbers sixteen, during the rebellion of Korah, along with a certain amount of Israelites that rose against him and his brother, had to refrain from allowing them to turn him away from the Lord himself. Although the situation was intense at times for Moses, as in verse fifteen, "And Moses was very wroth, and said unto the LORD, Respect not thou their offering: I have not taken one ass from them, neither have I hurt one of them." During the conflict with Korah, who influenced this opposing movement, in verse

twenty-eight, Moses declares to the congregation, "And Moses said, Hereby ye shall know that the LORD hath sent me to do all these works; for *I have not done them* of mine own mind." Moses reached this point being the leader of the children of Israel, the servant and representative of God because of his relationship with God that has brought him up to this point in his life. Moses had his mind dependent on God, who helped him with the Israelites out of Egypt: the parting of the Red Sea to reach this situation with the congregation.

To meditate is to control the eyes. An old phrase, "The eyes are the window of the human soul." Some believers call the combo the eyegate, in which we control what we let in through our viewpoint. For believers, the vision will determine our future destination. What we let in goes to the heart.

In Genesis thirteen, verse ten, Lot had a decision to make between journeying to the land of Canaan or the plain of Jordan near Sodom. Abraham gave his nephew the first choice to take his family and herdsman to dwell. The eyes of Lot saw the plains of Jordan well-watered everywhere, which made him journey east in the following verse. The preference did benefit Lot and his family physically, but living near there eventually hurt them, especially his wife, whose heart was so there that she became a pillar of salt.

Believers who have their eyes on Jesus, as an example with Moses, will experience a deeper relationship with God to the point that they may lead. Perhaps not leading a group of people out of Egypt but within the neighborhood. However, there will be some religious people similar to Lot who will set their eyes on the physical things of the world, which eventually leads them astray into ungodly territory that could potentially be dangerous and tragic. Believers should have their eyes on God and His Word in which the Lord honors His Word above His name. Again, the decision comes down to the word or the world.

The attempt to meditate will experience distraction. The enemy will use distractive things to attempt for believers not to commune with God through prayer, praise, worship, thanksgiving, and reading and studying the Word of God. He knows a close relationship

with the Holy One will only make him ineffective in bringing us down to his level. Believers have more than enough to benefit from God. All the resources mentioned above are available to all who believe.

In Genesis three, Adam and Eve had it all in the Garden of Eden. All they had to do was to uphold the Word of God to continue to enjoy the blessings and benefits of God. However, the only test they had to overcome was the tree of good and evil that was in the Garden of Eden in which they had to overcome. When Eve encountered the serpent, which the devil used, she had to follow instructions. Instead, Eve did not meditate on it and somehow failed to keep due to the temptation and persuasion of the deceiving message of the serpent, which caused her and Adam to lose out with God.

To meditate is to believe the truth. However, the devil will use his cohorts, unbelievers, which can be relatives, co-workers, neighbors, strangers, or enemies, to give the wrong ideas about God and His Word. To deceive, as he did Adam and Eve, to bring us down to sin against God. We were sinners and then became believers through Salvation. Ideas come from the head, which does not associate with spiritual things of God but the physical. Ideas cause people not to believe the truth. Instead, unbelievers may consider following theologians, philosophies, and other non-biblical organizations that oppose God. Religion features many denominations and different backgrounds from various countries, which may complicate things for those who desire to know God. For example, in the religious sector of the New Testament, there were the Pharisees, Sadducees, priests, and scribes. The Pharisees were members of a sacred group or party that frequently clashed with Jesus Christ over his interpretation of the Law. Sadducees were Jewish, doctrinal, wealthy, and held power. Many were high priests or noblemen.

Other positions in the religious community are priests and scribes with other ministry leaders, who in the Gospel accounts as opponents of Jesus. These different groups meditated on the Law instead of the Word of God.

Therefore, they opposed and questioned Jesus Christ in the New Testament during His

ministry. However, before the Son of God, the Pharisees and Sadducees first appear in Matthew three, verse seven, during the time of John the Baptist. The servant of God was righteous, preached repentance, and baptized people who were confessing their sins.

To meditate begins with thinking. The first part of Proverbs twenty-three, verse seven, "For as he thinketh in his heart, so is he." The result of life a person is living is not entirely by the words they say or declare by their mouth, but by what the individual is thinking before it comes out. The constant temperament of the mind is open to all who know them by the course of their life. Therefore, if a person thinks to be something great and pursues the direction in their heart, the opportunity of receiving is more promising than ordinary. The centurion's servant receives healing in Matthew eight, verses five through thirteen, which demonstrates the benefits of faithful thinking. The centurion went to look for Jesus and explained his situation to his servant. After the response from the Son of God, the centurion told Him to speak the word, and his servant shall receive healing. The thoughts of the centurion saying to Jesus in that manner show how he was thinking for his servant. The constant thought from the centurion is to find Jesus and have Him speak the word only for the servant to receive healing.

To meditate is to put the visualization into activity. "Even so faith, if it hath not works, is dead, being alone," as in James two, verse seventeen. Therefore, to ponder on something constantly and not follow through with the thought is like a dreamer. On the other hand, dreams can come true because after the thinking comes the saying than the doing. Actions do speak louder than words.

In Matthew eight, verses five through thirteen, the centurion did not think only for his servant to receive healing and visualize Jesus saying the word to restore him alone but went looking for the Son of God. The attitude of the centurion making a move to search for the Master is the belief that it will. However, saying that God would not help or meet His people halfway when they cry out in prayer to Him, but the drive and passion of the centurion got the attention of Jesus. The response in Matthew eight, verse ten, "When Jesus heard

it, he marveled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel." Luke one, verses thirty-seven, "For with God nothing shall be impossible."

To meditate takes time. Everyone needs time to process all things. In Ecclesiastes three, verses one through eight, there is a time for everything. Anything good needs time to develop. Similar to how a construction crew approaches building a house.

To complete a house begins with the foundation. Then, there is a layout or design for the information concerning measurements for the home with the specifications, safety guidelines, and materials to fulfill the project for the house. A few people would meditate on these things for the development of the home to become a physical reality. However, this structure will not be a process overnight because sometimes it will take months before the team of builders puts it all together.

To meditate is similar if a person plans on making a difference in their life, especially a believer. The opportunity to allow God to intervene within their lives to become something peculiar will require time to ponder it. To meditate upon God and His word is the beginning of change. The time you spend on anything shows the evidence that the person believes in it. For a man and woman to come together begins in friendship into a relationship to become a marital partnership.

The environment can affect a person on what they meditate on. Today, some people have dreams and ambitions to be great. However, a few may have the stamina to fulfill what they start to meditate on. Why? The surroundings in which they live could influence them not to strive.

Negativity is a big problem for some who struggle to sustain in meditating on positive things for themselves because they encounter them within the environment daily. To reset and filter out things they see, hear, and possibly participate in is the challenge many dreamers face. However, to overcome such obstacles alone is almost impossible. All believers will need the hand of God to propel them from the current environment in which they live to bring them to the place of promise.

What do we meditate on? Well, it will be our decision: Whether it is good or bad, the outcome will determine how we are living. Psalms one sums up how believers should be doing as far as meditating is concerned.

"Blessed *is* the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight *is* in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. The ungodly *are* not so: but *are* like the chaff which the wind driveth away. Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish."