

It is interesting to note those in the Bible who were noted as having meditated. Let us have a look at a few of them and how their lives were impacted. Read the below and answer the questions that follow.

Isaac

Read Genesis 24 for context. Verse 63 speaks of Isaac meditating.

What was happening in his life at that time?

What happened while he was meditating?

Does anything stand out to you from this story?

Joshua

When God called Joshua to take over the work of Moses in leading the children of Israel to the Promised Land, He gave Joshua a command -

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1:8

There are a number of times throughout the book of Joshua when we read that he woke up 'early in the morning'. Perhaps that was his meditation time. We do however see that Joshua had good success after good success. He allowed the Lord to lead him.

In Joshua 3, where it begins by Joshua rising early in the morning, we see a miraculous event take place. Read through the chapter and answer the following questions.

What was the first instruction in verses 3 and 4?

What was the strategy in executing the instruction (vs 5-8) and what was the result?

David

The Psalms are replete with David talking about meditation.

When I remember thee upon my bed, and meditate on thee in the night watches. Psalm 63:6

I will meditate also of all thy work, and talk of thy doings. Psalm 77:12

Using these or other verses from the Psalms, write how you will apply them to your own life.

Verse 1

Verse 2

Verse 3

Jesus

We of course see a model example in the life of Jesus in His time on earth, Very often, before or after a time of healing multitudes, He would go into a mountain or wilderness to pray.

This is a great example of our need to spend time alone in prayer and meditation to refresh ourselves after ministry or a major assignment. We give of ourselves in these situations and need to replenish our strength. Our strength comes from God.

Below are examples of this in Scripture. Read them and answer the questions that follow.

15 But so much the more went there a fame abroad of him: and great multitudes came together to hear, and to be healed by him of their infirmities.

16 And he withdrew himself into the wilderness, and prayed.

Luke 5:15-16

Read Luke 5 for context. What do you glean from this for practical meditation?

In Matthew 14 Jesus received news of the beheading of John The Baptist. He then went apart to pray - vs 13. In verse 14 we read that He immediately resumed ministry.

Read the chapter. What example can you take from this?