

# PERSONAL DEVOTION CLASS #3

READING SCRIPTURE AND MEDITATION



*“Scripture Says So!”*

-Scott Cheatwood



## ACTS 17:11

NOW THESE JEWS WERE MORE NOBLE THAN THOSE IN  
THESSALONICA; THEY RECEIVED THE WORD WITH ALL  
EAGERNESS, EXAMINING THE SCRIPTURES DAILY TO  
SEE IF THESE THINGS WERE SO

WE ARE SAVED THROUGH THE WORD OF GOD



## PROVERBS 2:3-10

YES, IF YOU CALL OUT FOR INSIGHT AND RAISE YOUR VOICE FOR UNDERSTANDING,  
IF YOU SEEK IT LIKE SILVER AND SEARCH FOR IT AS FOR HIDDEN TREASURES,  
THEN YOU WILL UNDERSTAND THE FEAR OF THE LORD AND FIND THE KNOWLEDGE OF GOD.  
FOR THE LORD GIVES WISDOM; FROM HIS MOUTH COME KNOWLEDGE AND UNDERSTANDING;  
HE STORES UP SOUND WISDOM FOR THE UPRIGHT; HE IS A SHIELD TO THOSE WHO WALK IN INTEGRITY,  
GUARDING THE PATHS OF JUSTICE AND WATCHING OVER THE WAY OF HIS SAINTS.  
THEN YOU WILL UNDERSTAND RIGHTEOUSNESS AND JUSTICE AND EQUITY, EVERY GOOD PATH;  
FOR WISDOM WILL COME INTO YOUR HEART, AND KNOWLEDGE WILL BE PLEASANT TO YOUR SOUL;

IT IS PLEASANT TO OUR SOUL!



# ROMANS 15:4

FOR WHATEVER WAS WRITTEN IN FORMER DAYS WAS WRITTEN  
FOR OUR INSTRUCTION, THAT THROUGH ENDURANCE AND  
THROUGH THE ENCOURAGEMENT OF THE SCRIPTURES WE  
MIGHT HAVE HOPE.

IT WAS WRITTEN FOR US TO READ!



# WHAT DO WE DO WITH SCRIPTURE?

- Read it
- Memorize it
- Meditate on it
- DO IT!



# HOW SHOULD YOU READ?

- With Consideration
  - Slowly
  - With reasonable expectations
- Memorize it
  - Psa. 119:16
    - *“I will delight in your statutes; I will not forget your word” - King David*
- Read it over and over again!
- Meditate
  - Psa. 119:15
    - *“I will meditate on your precepts and regard your ways” - King David*



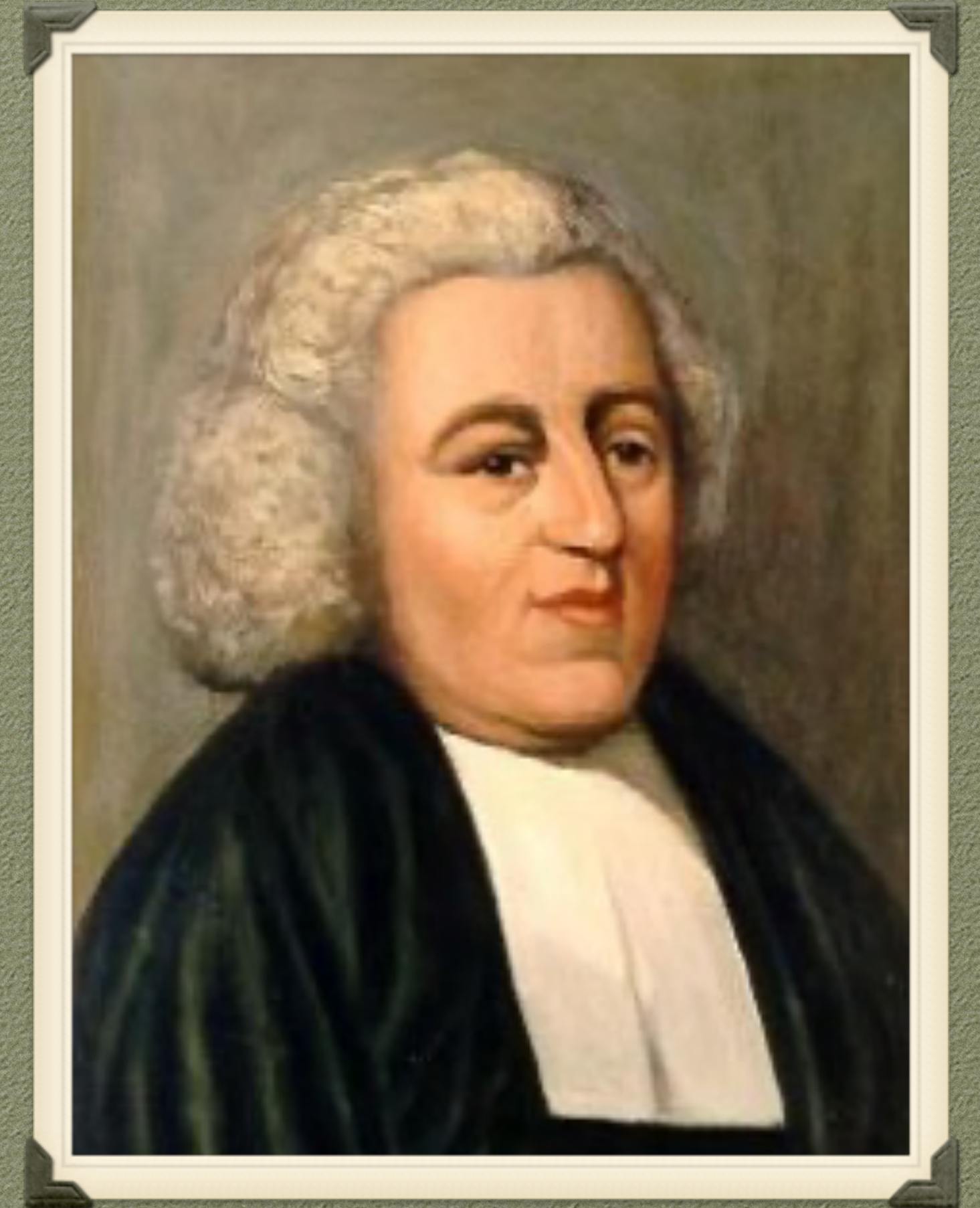
*“The act of pondering or reflecting on one’s thoughts”*

-The Concise Dictionary of Christian Theology



# JOHN NEWTON

MEDITATION OF ONE'S STATE CAN REVEAL  
BLEMISHES IN THE CHRISTIANS CHARACTER







## PHILIPPIANS 4:8-9

FINALLY, BROTHERS, WHATEVER IS TRUE, WHATEVER IS HONORABLE,  
WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY,  
WHATEVER IS COMMENDABLE, IF THERE IS ANY EXCELLENCE, IF THERE  
IS ANYTHING WORTHY OF PRAISE, THINK ABOUT THESE THINGS. WHAT  
YOU HAVE LEARNED AND RECEIVED AND HEARD AND SEEN IN ME—  
PRACTICE THESE THINGS, AND THE GOD OF PEACE WILL BE WITH YOU.

THE APOSTLE PAUL





### DEUTERONOMY 6:4-9

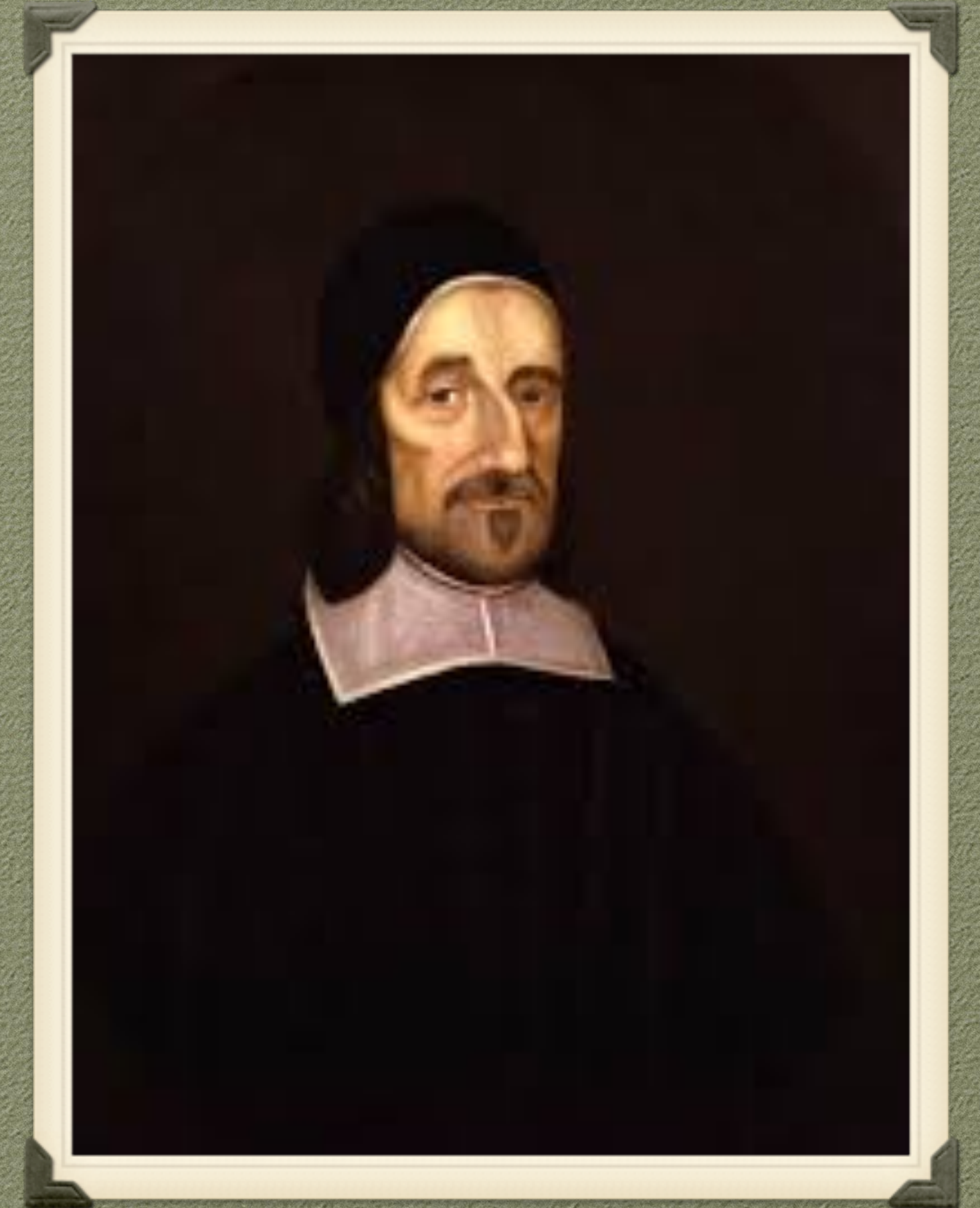
HEAR, O ISRAEL: THE LORD OUR GOD, THE LORD IS ONE. YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIGHT. AND THESE WORDS THAT I COMMAND YOU TODAY SHALL BE ON YOUR HEART. YOU SHALL TEACH THEM DILIGENTLY TO YOUR CHILDREN, AND SHALL TALK OF THEM WHEN YOU SIT IN YOUR HOUSE, AND WHEN YOU WALK BY THE WAY, AND WHEN YOU LIE DOWN, AND WHEN YOU RISE. YOU SHALL BIND THEM AS A SIGN ON YOUR HAND, AND THEY SHALL BE AS FRONTLETS BETWEEN YOUR EYES. YOU SHALL WRITE THEM ON THE DOORPOSTS OF YOUR HOUSE AND ON YOUR GATES.

## THE MAN OF ACTION - MOSES



# RICHARD BAXTER

A PROFITABLE COURSE OF HOLY THINKING  
WITH THE MEANS TO WORK SOME GOOD  
UPON THE SOUL.





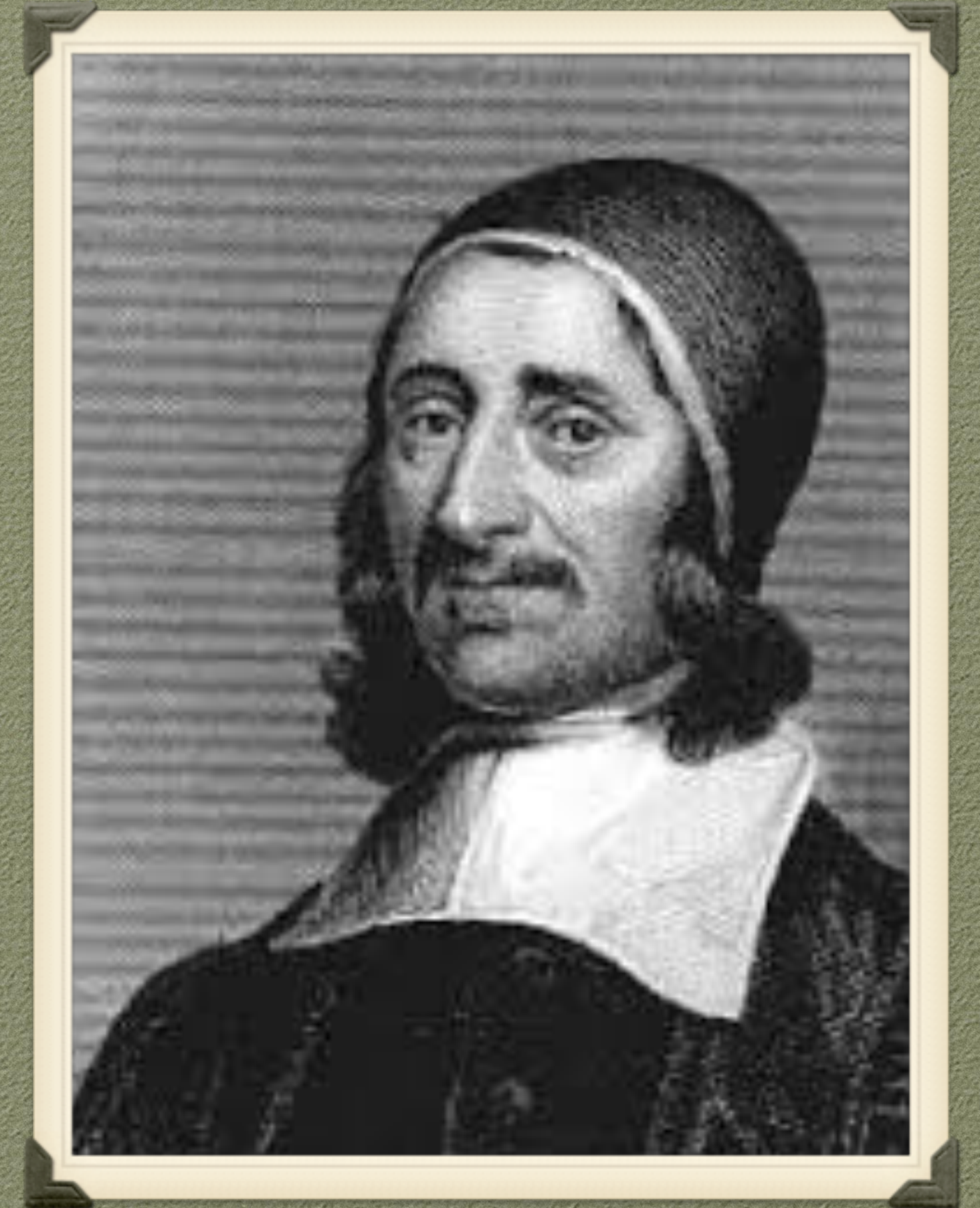
# PREPARE FOR YOUR MEDITATION

- Meditate with your mind, not your emotion
- Rule your thoughts
- Prepare constantly
  - Struggle against worldly thoughts
  - Practice control of your thoughts
  - Practice a Christian life!



TAKE HEED LEST THE SENSES AND  
APPETITE GROW TOO STRONG, AND MASTER  
REASON; FOR IF THEY DO, THEY WILL AT  
ONCE DISPOSSESS IT OF THE GOVERNMENT  
OF THE THOUGHTS, AND WILL BRUTISHLY  
USURP THE POWER THEMSELVES.

-RICHARD BAXTER





# 4 ENEMIES OF MEDITATION

- Anger
- Perplexing Grief
- Disturbing Fear
- Excess of Worldly Pleasure



HOW DO WE MEDITATE?



# HOW DO WE MEDITATE?

- Find your motivation!
- It should draw us to delight in God
  - Psa. 104:34
    - *“Let my meditation be pleasing to him; As for me, I shall be glad in the LORD.” - King David*



# WHAT SHOULD THE SUBSTANCE OF OUR MEDITATION BE?

- Heavenly things
- The Church
- God's work of redemption
- The work of the Gospel
- Our own state
- The state of others
- Common and public good
- Wellness of our bodies
- Wellness of our neighbors



# GOALS OF MEDITATION

IF YOUR GOAL IS THIS

- Knowledge

YOU SHOULD DO THIS

- Be scientific in your meditation
- Work to understand specifically what is going on



# GOALS OF MEDITATION

IF YOUR GOAL IS THIS

- Faith

YOU SHOULD DO THIS

- Consider the Source
- Know what the revelation says



# GOALS OF MEDITATION

IF YOUR GOAL IS THIS

- Excite the fear of God

YOU SHOULD DO THIS

- Think of God's
  - Greatness
  - Terribleness
  - Justice
  - Threatenings



# GOALS OF MEDITATION

IF YOUR GOAL IS THIS

- Excite the love of God

YOU SHOULD DO THIS

- Think of God's
  - Goodness
  - Mercy
  - Christ
  - His promises



# GOALS OF MEDITATION

IF YOUR GOAL IS THIS

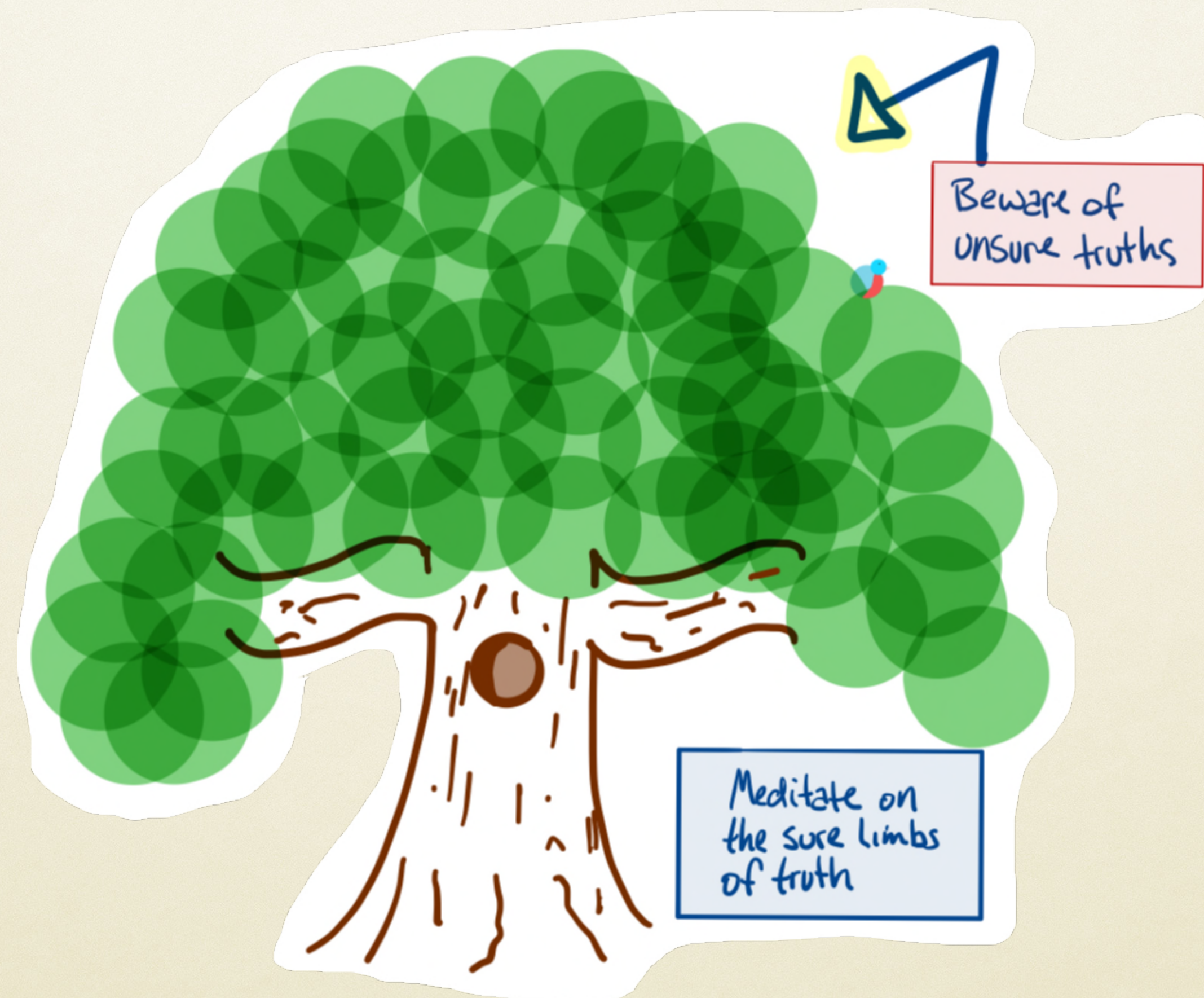
- Preparation for death

YOU SHOULD DO THIS

- Try your heart against Scripture
- Repent of your sins
- Discover God's grace
- Know the diseases of your soul



# PRIORITIZE





*Such is the confidence that we have through Christ toward God. Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.*

-2 Corinthians 3:4-6



*Let the word of Christ dwell in you richly, teaching  
and admonishing one another in all wisdom,  
singing psalms and hymns and spiritual songs,  
with thankfulness in your hearts to God.*

Colossians 3:16