

"OUR DUTY OF MEDITATION"**Introduction**

1. Joshua must now take over the leadership
2. God is telling him how to excel
3. The same is true for us all in life
OBSERVE: God's guidance: not just to sharpen his sword, but sharpen his soul

1. WHAT MEDITATION IS AND WHY IT IS COMMANDED

- 1) It must be an excellent thing:
 - (i) God gives this direction: v.9
 - (ii) It is to inspire and strengthen him
 - (iii) It is medicine to fears which we have
- 2) It means:
 - (i) to remember, think about, reflect on
 - (ii) the Bible must be our food for thought
 - (iii) also a way to promote good talk
 - (iv) So important: "day and night"
- 3) The effects on us
 - (i) to deepen our spirituality: "shallow believers"
 - (ii) to put the savour of heaven in us: **Illustration**: wine
 - (iii) to grow in our grasp of the truth
APPLICATION: These are the most edifying believers

2. THE EXAMPLES OF MEDITATION IN BELIEVERS

- 1) We are informed of how God's people did so:
 - (i) Isaac went out (Genesis 24:63)
 - (ii) The Psalmist: Ps. 1; Ps. 19; Ps. 119...
 - (iii) Paul to Timothy: "meditate..." (1 Timothy 4:15)
 - (iv) Mary: "kept all these things...pondered"

- (v) The godly in Malachi's day (3:16)
APPLICATION: Is this not what is needed today?

- 2) The Bible's truths are deep + wondrous:
 - (i) God
 - (ii) The decrees
 - (iii) Sin
 - (iv) Christ
 - (v) Eternity
- 3) It is the way to become spiritually-minded:
 - (i) Col. 3:1-2: "Things which are above"
 - (ii) Rom. 8:6: "spiritual...life + peace"
APPLICATION: Look at Christ (water / light / food / sheep / seeds / ...)
Q: "Those who meditate see things invisible"

3. ENCOURAGEMENTS TO MEDITATE MORE

- 1) It should become a habit of mind:
 - (i) propose a topic for thought from scripture
 - (ii) search for a problem of interpretation
ILLUSTRATION: The question about Jeremiah
- 2) This is the best kind of Christianity:
 - (i) "Mary hath chosen that good part". Cp. Martha.
 - (ii) "The disciple whom Jesus loved" = John, so spiritual a man.
 - (iii) God loves those who meditate well on his word (TEXT here).
APPLICATION: Is this our practice? Do we go over God's word in our mind + memory?
ILLUSTRATION: John Flavel's experience.

CONCLUSION

1. Joshua had good success
2. Here is the way to a life of blessing.

PSALM**63: 1 – 6****1: 1 – 4****119: 145 – 149**