

Glad Tidings

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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Barriers To Meditating On God's Word

(Jerry Fite)

How many times a day do you think about the things that have happened to you? It might be an event you have just attended, but you play the highlights back anyway as you journey home. It might be a certain smell that connects your mind to a similar time occurring years ago, and you recall vividly the historical setting once again. You might remember an encouraging word that occurred five minutes ago, or even five years ago, with the same good feeling.

Our mind is active all day long remembering, recalling, and rehearsing the events of our lives. In other words it is meditating daily on something. The word “meditate” simply means “rehearse.” When we are recalling events, smells, or words we are rehearsing scenes and dialogue in our mind. It is not that we cannot or do not meditate, for we do it daily. The question is, will the meditation of my heart and its accompanying words “*be acceptable*” before God (*Psalms 19:14*)?

Since our mind is rehearsing things on a daily basis, we

should make sure it recalls noble things. Pondering the revealed mind of God has no equal when it comes to noble and excellent things. So, why is it that we think on, recall, and rehearse many things, but the source of those thoughts are often not the Word of God?

Let us address some possible barriers to meditating on God's Word:

We do not reverence or love God's word enough. “*I will lift up my hands also unto thy commandments, which I have loved; and I will meditate on thy statutes*” (*Psalms 119:48*). The reverential and loving attitude toward God's commands will cause one to rehearse over and over again the Lord's demands. One is not in love with the beautiful words, but the godly “ways” the precepts set before us. “*I will meditate on thy precepts, and have respect unto thy ways*” (*Psalms 119:15*).

Another barrier may arise when we feel defeated by the evil actions of others. Instead of thoughts of victory in the Lord,

our heart gives up with “What's the use!” We fail to remember the antidote: “*Princes also sat and talked against me; but thy servant did meditate on thy statutes*” (*Psalms 119:23*). While the princes are talking, you can be listening to God talking to you with wisdom as a loving father. “*When thou walkest, it shall lead thee; When thou sleepest, it shall watch over thee; And when thou awakest, it shall talk with thee*” (*Proverbs 6:22*). Condemning words can drain us of strength, but meditating on the Word can renew our strength in the Lord.

Since we will rehearse something in our mind today, the failure to meditate on God's word may be merely a matter of not planning ahead. “*Mine eyes anticipated the night watches, that I might meditate on thy word*” (*Psalms 119:148*). Is there a time in your day which is less active, allowing you to be more attentive to the word? Plan for it; anticipate the opportunity to do that which you love. Meditate on God's word day and night (*Psalms 1:2*). A change of attitude, and a little planning may help you.