

MEDITATION. WHAT IS IT?

Psalm 77:6 ... "I call to remembrance my song in the night; I meditate within my heart, and my spirit makes diligent search."

Meditation is popular among Eastern religions. Because of that, some Christians become confused when we also use the principle in terms of our Christian faith. In fact, the words "meditate" and "meditation" are found in several Old and New Testament passages, and Christ himself spoke of the practice. The Bible was written long before the emergence of other religions, which makes it obvious that other religions borrowed the practice from God's people.

So, what is meditation? Is it a mystical trance you perform to connect with God? Do you leave your body during meditation? Are there certain bodily positions or sounds you need to make to meditate on God? Does a Christian need a special rug, beads, cap or ritual words when he or she meditates on God?

It is important that you be able to answer these questions correctly, otherwise you might think that Yoga or Buddhist meditation will serve the purpose for your relationship with God, and that is entirely impossible. You cannot connect to Father God by using the rituals of false religions. In the context of being a follower of Christ, meditation is nothing more than centering your thoughts on Him. The dictionary defines it as "reflecting upon." There is no certain place you must go to do that, but most of us find it helpful to separate ourselves to a quiet place, free from the distractions of other people and noise. That is a practical way of momentarily ignoring the cares of this world and reflecting upon your relationship with Christ, your love for him, and your praise of his name – not asking him for things.

Another aspect of this for a Christian is to meditate on God's Word. This is simply the act of sitting down alone in a quiet place with your Bible, asking God's Holy Spirit to reveal truth he wants you to know, and selecting some passages to read and pray over. It really matters very little which parts of scripture you select, if you follow this pattern: invite God to reveal and explain it to you, read it carefully, then listen to the Holy Spirit's explanation of it for you. You generally cannot accomplish this in a group, such as a Bible study or prayer group, because the truth and insights God wants to reveal to you, may resonate differently for each person.

Today's verse, Psalm 77:6, is thought to have been written by Asaph as a comforting memory of God's redemption. Essentially, he is saying, I meditate (reflect upon) the goodness of God, which excites my spirit and brings words of praise and thankfulness to my lips. No matter what your day is like – or whether you are facing trouble or joy – it is always profitable to reflect upon the goodness of God and offer him your praise.

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