

## MEDITATION

**MEDITATION.** "A private devotional act, consisting in deliberate reflection upon some spiritual truth or mystery, accompanied by mental prayer and by acts of the affection and of the will, especially formation of resolutions as to future conduct" (Cent. Dict., s.v.). Meditation is a duty that ought to be attended to by all who wish well to their spiritual interests. It should be deliberate, close, and continuous (**Psalms 1:2; 119:97**). The subjects that ought more especially to engage the Christian mind are: the works of creation (**19:1-6**); the perfections of God (**Deuteronomy 32:4**); the character, office, and work of Christ (**Hebrews 12:2-3**); the office and operations of the Holy Spirit (**John 15-16**); the dispensations of Providence (**Psalms 97:1-2**); the precepts and promises of God's words (**Psalms 119**); the value, powers, and immortality of the soul (**Mark 8:36**); the depravity of our nature, and the grace of God in our salvation, etc. (From The New Unger's Bible Dictionary. Originally published by Moody Press of Chicago, Illinois. Copyright © 1988.)

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The practice of reflection or contemplation. The word meditation or its verb form, to meditate, is found mainly in the Old Testament. The Hebrew words behind this concept mean "to murmur," "murmuring," "sighing," or "moaning." This concept is reflected in **Psalms 1:2**, where the "blessed man" meditates on God's law day and night. The psalmist also prayed that the meditation of his heart would be acceptable in God's sight (**Psalms 19:14**). Joshua was instructed to meditate on the Book of the Law for the purpose of obeying all that was written in it (**Joshua 1:8**).

Meditation is a lost art for many Christians, but the practice needs to be cultivated again. (From Nelson's Illustrated Bible Dictionary, Copyright © 1986, Thomas Nelson Publishers)