

The Gemsbok Antelope: Developing Spiritual Molars

Learning the Art of Meditation for Understanding, Stability, and Success

Introduction

One of the greatest challenges in the Christian life is not simply hearing God's Word but allowing it to become a living reality within us. Many believers read Scripture, attend church, and listen to sermons, yet struggle to experience lasting transformation.

God often teaches us spiritual truths through His creation. The Bible encourages us to learn from the animals, birds, fish, and the earth itself. As Job declared:

"But now ask the beasts, and they will teach you..." (Job 12:7)

Today we will learn an important lesson from the Gemsbok Antelope. This unique animal is a ruminant, and its God-given design provides a powerful picture of how believers should meditate on God's Word.

I. God's Kingdom Is Built When People Are Built

God's desire is not merely to fill our minds with information but to build strong, mature believers.

Joshua 1:8

"This book of the law shall not depart out of your mouth, but you shall meditate on it day and night... for then you shall make your way prosperous, and then you shall have good success."

Notice the progression:

1. Receive the Word
2. Meditate on the Word
3. Understand the Word
4. Do the Word
5. Experience God's success

Many people desire God's results without following God's process.

II. The Gemsbok Antelope: A Picture of Meditation

The Gemsbok Antelope belongs to a group of animals called ruminants. Ruminants regurgitate food and chew it repeatedly before fully digesting it. Their well-developed molars grind food into a form that can nourish the body.

Spiritually speaking:

- The food represents God's Word.
- The chewing represents meditation.
- The nourishment represents understanding and spiritual growth.

Just as the antelope does not swallow food without chewing it thoroughly, believers should not simply read God's Word and move on.

Spiritual Principle

Meditation is spiritual chewing.

Many Christians read the Bible but never digest it.

The Word becomes powerful when we think on it, speak it, rehearse it, and allow it to become part of us.

III. What Is Biblical Meditation?

The Hebrew words for meditation carry meanings such as:

- Ponder
- Reflect
- Study
- Imagine
- Speak
- Rehearse
- Go over repeatedly in the mind

Meditation is more than reading.

Meditation is:

- Thinking about God's Word
- Speaking God's Word
- Rehearsing God's Word
- Applying God's Word

Psalm 1:2

The blessed man meditates on God's law day and night.

Joshua 1:8

Success is connected directly to meditation.

V. Developing Spiritual Molars

he teaching points out that babies are born without teeth. Over time they develop incisors and molars. Likewise, new believers begin their Christian walk with little spiritual understanding and must grow.

Physical Molars

Molars:

- Are used for grinding food.
- Develop progressively.
- Become stronger with maturity.
- Enable proper digestion.

Spiritual Molars

Spiritual molars are developed through:

- Time in God's Word
- Meditation
- Prayer
- Obedience
- Experience

A believer with strong spiritual molars can take a difficult Scripture and "c"ew" n it until understanding comes.

V. Why We Need Spiritual Molars

1. To Gain Understanding

Proverbs teaches that through wisdom a house is built and through understanding it is established.

Meditation produces understanding.

Understanding produces stability.

2. To Become Established

Many believers struggle because they have knowledge without understanding.

Information alone does not establish a person.

Meditated truth becomes revelation.

Revelation becomes conviction.

Conviction produces stability.

3. To Become Successful

Joshua 1:8 links meditation directly with prosperity and success.

God's success comes from:

- Knowing His Word
- Meditating on His Word
- Obeying His Word

VI. The Process of Spiritual Digestion

The Gemsbok teaches us a simple spiritual process.

Step 1: Bite Into the Word

Read the Scripture.

Step 2: Chew the Word

Think about it.

Ask questions.

Pray over it.

Speak it aloud.

Step 3: Swallow the Word

Receive it into your heart.

Step 4: Allow It to Nourish You

Let it affect:

- Your thinking
- Your decisions
- Your attitudes
- Your character

Step 5: Share It With Others

Give others what you have digested and understood.

VII. Ezra's Pattern for Spiritual Growth

Ezra 7:10 (RSV)

¹⁰ For Ezra had **set** his heart to **study** the law of the LORD, and to **do** it, and to **teach** his statutes and ordinances in Israel.

Notice the order:

1. Set his heart

Decision needs to take place

2. Study It

Receive God's Word.

3. Do It

Apply God's Word.

4. Teach It

Share God's Word.

Many people want to teach before they have studied and practiced.

God's order is:

Set-Study-Do-Teach

VIII. Remove the Bones Before Feeding Others

The teaching uses a beautiful illustration of a mother chewing fish and removing the bones before feeding her children.

Spiritually, mature believers should do the same.

What are spiritual bones?

- Human traditions
- False doctrines
- Personal opinions
- Religious ideas that contradict Scripture

Mark 7:7

"Teaching as doctrines the commandments of men."

Our responsibility is to feed people pure truth from God's Word.

Not opinions.

Not traditions.

Not man's ideas.

God's truth nourishes.

Human doctrine causes people to stumble.

IX. Sheep Are Also Ruminants

The Bible repeatedly describes believers as sheep.

Psalms 95:7

"We are the people of His pasture, and the sheep of His hand."

Psalms 100:3

"We are His people and the sheep of His pasture."

Since sheep are also ruminants, God has designed His people to meditate.

Meditation is not optional.

It is part of our spiritual nature.

Jesus said:

John 10:27

"My sheep hear My voice, and I know them, and they follow Me."

Meditation helps us hear His voice more clearly.

Practical Application

This week:

Daily Spiritual Molar Exercise

Choose one verse each day.

1. Read it slowly.
2. Speak it aloud.
3. Write it down.
4. Think about it throughout the day.
5. Ask God for understanding.
6. Look for opportunities to apply it.
7. Share what you learned with someone else.

Do not rush through Scripture.

Chew it.

Grind it.

Digest it.

Allow it to become part of you.

Conclusion

The Gemsbok Antelope teaches us a powerful lesson. Just as a ruminant repeatedly chews its food until nourishment is released, believers must continually meditate on God's Word until understanding comes. Understanding establishes us, nourishes us, and leads us into God's success.

Key Truth

Use your spiritual incisors to take hold of God's Word and your spiritual molars to meditate on it until it becomes life within you.

Joshua 1:8

"This book of the law shall not depart out of your mouth, but you shall meditate on it day and night... for then you shall make your way prosperous, and then you shall have good success."

If we do things God's way, we will experience God's results.

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