

Gemsbok Antelope Series – Part 2

Developing the Art of Meditation

The Gemsbok antelope teaches us an important spiritual principle: the development of meditation on God's Word. Just as the antelope survives and thrives because of its unique digestive system, believers grow strong spiritually by learning how to meditate on Scripture.

Introduction

The Gemsbok is one of the best-known species of Oryx antelope. It belongs to a group of animals called ruminants. Ruminants regurgitate and chew their food repeatedly, using well-developed molars to break it down until it can be fully digested and nourish the body.

This natural process provides a powerful picture of the Christian life.

Spiritual Parallel

- The antelope represents God's creation teaching us spiritual truth.
- Ruminants remind us of the importance of meditation.
- Their strong molars illustrate the believer's ability to chew on God's Word until understanding comes.
- Meditation transforms information into revelation and revelation into application.

Developing Spiritual Molars

When we were first born again, we were spiritual babies.

Babies do not have teeth. Likewise, new believers often depend on others to explain and simplify God's Word for them.

However, God never intended us to remain spiritual infants.

Hebrews 5:11-14

"But solid food is for the mature, for those who have their faculties trained by practice to distinguish good from evil."

The writer of Hebrews teaches that maturity comes through practice and training. Mature believers learn to process the Word for themselves. They develop "spiritual molars" that allow them to handle solid food.

Questions for Reflection

- Am I still depending on others for all my spiritual nourishment?
- Have I developed a daily meditation life?
- Can I study and understand Scripture for myself?

How Spiritual Digestion Works

The process is simple:

Step 1: Bite Into the Word

Just as incisors bite into food, we begin by reading Scripture.

Step 2: Chew the Word

We think about it.

We ask questions:

- What is God saying?
- How does this apply to my life?
- What truth is being revealed?

Step 3: Digest the Word

As understanding comes, the Word becomes part of us.

Step 4: Feed Others

Once we understand the Word, we can help younger believers understand it as well.

We become spiritual parents who can feed others nourishment instead of confusion.

Remove the Fish Bones

Jesus warned about the traditions of men.

Mark 7:6-8

People can become more attached to traditions than to God's commandments.

Not everything taught in religious circles is biblical. Some teachings are merely human traditions.

Meditation helps us separate:

- God's truth from man's opinions.
- Biblical doctrine from religious tradition.
- Spiritual nourishment from spiritual "fish bones."

Every Believer Can Meditate

One of the most encouraging truths is this:

Every believer has the ability to meditate on God's Word.

Jesus calls us sheep.

Like ruminants, sheep repeatedly process what they consume.

Meditation is not reserved for pastors, teachers, or scholars.

It is the inheritance of every child of God.

Why We Meditate

1. To Gain Understanding

Meditation unlocks revelation.

2. To Become Established

The believer who meditates becomes rooted and stable.

3. To Experience Success

God connects meditation with prosperity and success.

Joshua 1:8

"This book of the law shall not depart out of your mouth, but you shall meditate on it day and night..."

Notice the progression:

- Speak the Word.
- Meditate on the Word.
- Do the Word.
- Experience success.

The Mouth Reveals the Heart

Jesus taught that what fills the heart eventually comes out of the mouth.

Matthew 12:34

"Out of the abundance of the heart the mouth speaks."

Luke 6:45

"Out of the abundance of the heart his mouth speaks."

Meditation fills the heart with God's truth.

When the heart becomes full of Scripture:

- Faith comes out.
- Wisdom comes out.
- Encouragement comes out.
- Victory comes out.

Whatever repeatedly enters your heart will eventually come out of your mouth.

Meditation Produces Wisdom

Psalms 119:97-99

"Oh, how I love Your law! It is my meditation all the day."

David connected meditation with wisdom and understanding.

Meditation gave him:

- Wisdom beyond his enemies.
- Understanding beyond his teachers.
- Insight into God's ways.

Knowledge comes from reading.

Understanding comes from meditation.

Understanding Our Real Enemy

Our greatest battles are not against people.

Ephesians 6:12

"For we are not contending against flesh and blood..."

The true battle is spiritual.

Meditation strengthens us by:

- Renewing our minds.
- Equipping us with truth.
- Helping us recognize spiritual deception.
- Preparing us for spiritual warfare.

A believer who meditates is harder for the enemy to deceive.

The Tree That Never Dries Up

Psalms 1:1-3

The person who meditates day and night is compared to a tree planted beside streams of water.

Notice the results:

1. Stability

The tree is planted.

2. Fruitfulness

It produces fruit in season.

3. Endurance

Its leaf does not wither.

4. Prosperity

Whatever it does prospers.

Meditation creates deep roots.

Storms may come, but deeply rooted believers remain standing.

Becoming Dependable

The goal is not merely personal growth.

God wants us to become dependable people.

A mature believer becomes:

Spiritual Shade

Others find encouragement, comfort, and protection in their presence.

Spiritual Food

Others receive nourishment, wisdom, and truth from their lives.

Just as a large tree provides shade and fruit, mature believers become a blessing to everyone around them.

John 15:8

"When you bear much fruit, My Father is honored and glorified."

God is glorified when our meditation produces fruit that blesses others.

Key Takeaways

1. The Gemsbok antelope teaches us the value of meditation.
2. Mature believers develop spiritual molars.
3. Meditation transforms knowledge into understanding.
4. God's Word must be chewed on, not merely read.
5. Meditation produces wisdom, stability, and success.
6. Spiritual warfare is won through understanding and truth.
7. The believer who meditates becomes like a fruitful tree.
8. God's goal is for us to become dependable—providing spiritual shade and spiritual food for others.

Closing Challenge

This week, choose one verse each day and meditate on it.

Read it.

Speak it.

Think about it.

Pray over it.

Apply it.

As you develop spiritual molars, God's Word will move from your head into your heart, producing wisdom, fruitfulness, and lasting spiritual strength.

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