

Sheep and their Digestive system
And how it relates to Mediation on God's word
(Introduction)
Part 4

1. **God's word said we could** learn things from His creation.

Job 12:7-8

7 "But ask the beasts, and they will teach you; the birds of the air, and they will tell you; 8 or the plants of the earth, and they will teach you; and the fish of the sea will declare to you. RSV

2. **Therefore**, let us talk about **sheep** and their **Digestive System** and how it relates to meditation on God's word.
3. Pray before going further.

Digestive System of Ruminant Animals
(Building a foundation for up-coming material)

4. **All animals** have a digestive system, a feature that distinguishes them from plants.
5. Four-Chambered Stomach Ruminant animals, including sheep, domestic cattle, goats, deer, and giraffes, have **four-chambered stomachs**.
6. **Realize** that God considers us as **His sheep**. (John 10:1-18, 10:27-29, 21:16-17)

Ezekiel 34:31

31 And **you are my sheep**, the sheep of my pasture, and I am your God, says the Lord GOD." RSV

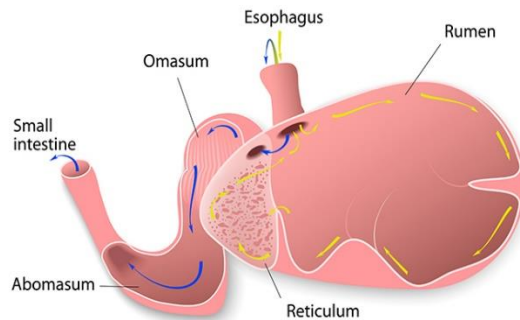
7. The **four** stomachs of the sheep are as follows:
 1. Rumen (Rū men)
 2. Reticulum (Ri tic ă lum)
 3. Omasum (Ōmāsum)
 4. Abomasum (it has a true digestive function) (Ăbō māsūm)

The Digestive System of Sheep and How it Works
(Building a foundation for the analogy)

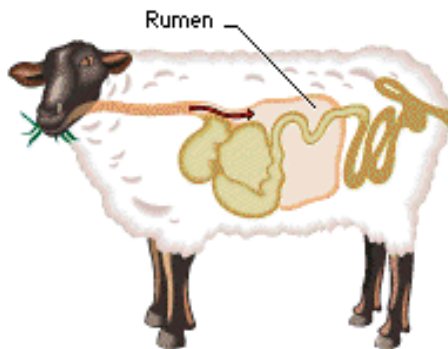
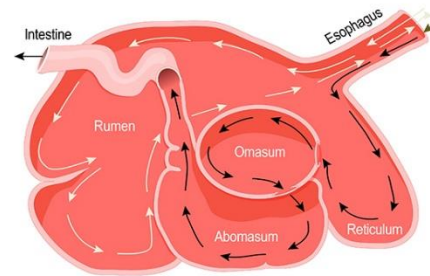
8. **The process of the digestive system** of sheep works like this.
9. **Grazing:** Plant material is **chewed a little** before being swallowed.
10. **Part-digested food** is **stored** in the rumen where it is **broken down into cud** by bacterial **action**.
11. **Ruminate in the dictionary means: to chew repeatedly for an extended period.** To chew again what has been chewed slightly and swallowed. **Chew the cud.**
12. **Cud in the dictionary means:** food brought up into the mouth by a ruminating animal from its first stomach to be chewed again
13. **Food swallowed for the second time** bypasses the rumen.
14. Acids and digestive enzymes in the other stomach chambers **finally process food.**
15. **Therefore, we have two principles:**
 1. **Grazing**
 2. **Ruminating**

Observe the following.

RUMINANT STOMACH

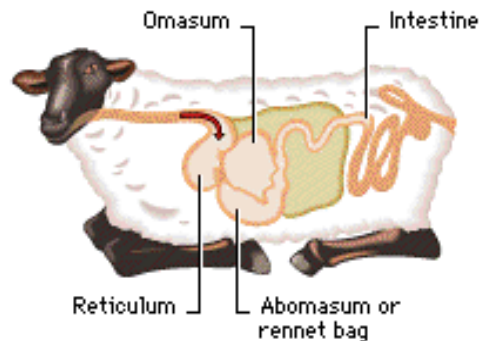


Ruminant digestive system



Grazing

Plant material is chewed a little before being swallowed.
Part-digested food is stored in the rumen where it is broken down into cud by bacterial action.



Ruminating

Cud is regurgitated and chewed again while the ruminant is lying down.
Food swallowed for the second time bypasses the rumen.
Food is finally processed by acids and digestive enzymes in the other stomach chambers.

(Microsoft® Encarta® Reference Library 2002)

Spiritual analogy

16. Once we **hear or read** the word (**Graze**) we chew, meditate, or ruminate on it **a little** and **store it up** in our memory for later.
17. If we are **willing and obedient**, we will take the necessary steps (**Action**) to **bring that word back** we heard or read (**Grazed upon**) and chew, meditate or ruminate on it more.
18. It might take as many as **four times** to **understand** what was heard or read.
19. Once we **understand** we should apply our **grazing and ruminating** efforts toward our life.
20. Therefore, we have **two** spiritual principles:
 1. **Grazing** = Gathering God's Word.
 2. **Ruminating** = Meditating or chewing and reflecting on God's Word with the joyous expectation of application.

The Human Digestive System and How it Works (Building a foundation for the analogy)

21. The **Human Digestive System** is a series of connected organs whose purpose is to **break down**, or digest, the food we eat.
22. **Food is made up** of large, complex molecules, which the digestive system breaks down into smaller, simple molecules that can be absorbed into the bloodstream.
23. The **simple molecules** travel through the bloodstream to all the body's cells, which use them for **growth**, **repair**, and **energy**.
24. Digestion generally involves two phases: a **mechanical phase** and a **chemical phase**.
25. **In the mechanical phase**, **teeth** or **other structures** physically break down large pieces of food into smaller pieces.
26. **In the chemical phase**, digestive chemicals called enzymes break apart individual molecules of food to yield molecules that can be absorbed and distributed throughout the body.
27. These enzymes are secreted (produced and released) by glands in the body.

Spiritual analogy

28. I believe God designed us in a way to break down His word into smaller pieces just like our digestive system does with physical food.

29. God's word is easier to understand if it is broken down into smaller pieces.

Isaiah 28:9-10

9 Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts.

10 For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little: KJV

30. These smaller pieces enable us to understand God's word.

31. God desires us to get the understanding.

Proverbs 4:7

Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding. NKJV

Proverbs 4:7

The beginning of Wisdom is: get Wisdom (skillful and godly Wisdom)! [For skillful and godly Wisdom is the principal thing.] And with all you have gotten, get understanding (discernment, comprehension, and interpretation). (AMP)

32. The understanding applied is used for growth, repair and energy.

33. The mechanical phase is opening our Bibles and other Biblical resources along with mechanical devices such as the computer...

34. The chemical phase is considered the spiritual phase where the Holy Spirit enjoined with our spirit breaks apart God's word into smaller segments for the sake of understanding.

35. The understanding is then distributed to our life.

**Do not get discouraged
If you do not get the understating
The first time**

36. Realize that as we meditate on a particular passage of God's word, **we might not** get the understanding as quick as we thought.

37. Therefore, do not be discouraged if it takes several times to read over a specific passage of scripture before insights or (Rhema's) begin to come.

Galatians 6:9

9 And let us not grow weary in well-doing, for in due season we shall reap, if we do not lose heart. RSV

38. Understanding comes in stages and with levels of intensity.

1 Corinthians 13:11-12

11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; **when I became a man**, I gave up childish ways. 12 **For now** we see in a mirror dimly, **but then** face to face. **Now I know in part; then I shall understand fully**, even as I have been fully understood. RSV

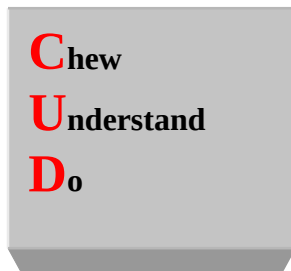
39. Understanding is a process.

Mark 4:28-29

28 The earth produces of itself, **first** the blade, **then** the ear, **then** the full grain in the ear.
29 But when the grain is ripe, at once he puts in the sickle, because the harvest has come." RSV

Conclusion

40. **Remember** that **meditation or rumination is** to go over in the mind repeatedly and often casually or slowly; chew repeatedly for an extended period; to chew again what has been chewed slightly and swallowed.
41. **Remember** also, that the **word** we receive (**grazed upon**) **is the cud** and we are to chew, (meditate or ruminate) that cud repeatedly until we get the understanding.
42. **Meditation is** chewing, meditating, and ruminating.
43. **We are to do this day and night on God's word.**
44. **Here is an acrostic** to help us remember. (C.U.D.)
45. **Chew** on God's word until we **understand** it and then **do** it.



New Testament Perspective on Meditation
(Corresponds to the Old Testament)
(Short segment)

1 Timothy 4:12-16

Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity. 13 Till I come, give attention to reading, to exhortation, to doctrine. 14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. 15 **Meditate**^{#3191} on these things; give yourself entirely to them, that your progress may be evident to all. 16 Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. NKJV

NT: 3191 meleta/w meletáœ; contracted meletœj, fut. meletœjsœ, from melétœ (n.f.), care, meditation, which is from mélœ (n.f.), to be of interest, to concern oneself. To consider, weigh or ponder over something so as to be able to perform well; equal to meditate, with the acc. of thing (Mark 13:11; Acts 4:25 quoted from Psalms 2:1; 1 Timothy 4:15).

(From The Complete Word Study Dictionary: New Testament)

NT: 3191 meleta/w b: to think seriously about a particular course of action - 'to plan to act, to plot.' laoi\ e)mele/thsan kena/; 'why do the people plot in vain?' Acts 4:25.

(From Greek-English Lexicon Based on Semantic Domain)

NT: 3191 meletao NT:3191 signifies "to care for" (melete, "care"); then, "to attend to," "be diligent in," 1 Timothy 4:15, RV, i. e., to practice as the result of devising or planning; thirdly, "to ponder," "**imagine**," Acts 4:25, RV, marg., "meditate." Some inferior mss. have it in Mark 13:11. See DILIGENT, MEDITATE.

(from Vine's Expository Dictionary of Biblical Words, Copyright © 1985, Thomas Nelson Publishers.)

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