

Meditation: A Key to Hearing God

Psalm 19:7-14

Psalm 19:7-14 (NASB)

⁷ “The law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple.

⁸ The precepts of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes.

⁹ The fear of the LORD is clean, enduring forever; The judgments of the LORD are true; they are righteous altogether.

¹⁰ They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb.

¹¹ Moreover, by them Your servant is warned; In keeping them there is great reward.

¹² Who can discern *his* errors? Acquit me of hidden *faults*.

¹³ Also keep back Your servant from presumptuous *sins*; Let them not rule over me; Then I will be blameless, And I shall be acquitted of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer.”

Meditation means different things to different people. For some, it is a time of introspection and self-empowerment. To Christians, however, meditation has an altogether different meaning. And despite the various ways the word is used, it is something we believers must take seriously in our walk of faith.

Simply put, meditation is the practice of thinking about God in all of His fullness, and asking questions such as:

- *Who is God?*
- *How does He work in my life?*
- *What does Scripture say about Him?*
- *How has He shown faithfulness to me?*
- *How has He made Himself known?*

When we meditate on the Word of God, His Spirit directs our thinking as we seek earnestly to know Him better. Often, the discipline will include wrestling with spiritual principles, which the Lord uses to build a firm foundation in our life. It may even involve a time of repentance, as He reveals truth and moves us to yearn for a Christ-centered mindset. Or, meditation could lead to healing if God shows us areas of our heart that need His touch. When we take time to set our mind on Him, the Lord will direct our thoughts.

This week, reserve a half-hour to sit quietly or take a walk. Dedicate that time to focusing your attention on God and letting Him speak to you. You will find this pause in your routine rewarding and exciting as you give yourself over to His presence.