

How Can We Get the Most Out of Our Time and What Should We Avoid?

An Introduction to Christian Meditation and Memorization

In my last post prior to Joyce Meyer's affirmation on meditating and memorizing God's Word, I explored how meditating on God's Word leads to Biblical affirmations. In this post, we will look at some techniques that we can use to meditate on God's Word as well as things we should not do.

Christian meditation involves renewing our minds and changing the content of our hearts and minds with the Word of God. *"In other words, do not let yourselves be conformed to the standards of the 'olam hazeh. Instead, keep letting yourselves be transformed by the renewing of your minds; so that you will know what God wants and will agree that what he wants is good, satisfying and able to succeed."* ~ Romans 12:2

How Can We Get the Most Out of Our Time?

1. Pick a method that works for you.

There are many different ways and techniques you can use to meditate on God's Word. As I've shared before ruminating is my favorite method. I like to take a verse or passage and just chew it up until I have tasted every morsel. Depending on your own unique learning style, you can recite, sing, or listen to an audio version. The goal is to make your meditation time effective for you.

2. Confess with your mouth.

Regardless of your chosen technique it is extremely important to speak the Word of God out loud. Hearing the Word is empowering to your spirit, mind and body. *"So trust [faith] comes from what is heard, and what is heard comes through a word proclaimed about the Messiah."* ~ Romans 10:17 I also encourage you to pray out loud in your prayer closet based upon the same benefit.

3. The power of repetition.

It is important that we hear the Word of God repeatedly and that we are continually reminded of what we already have learned so that we don't forget it. Kefa wrote two epistles to the brethren in the Diaspora. *"Dear friends, I am writing you now this second letter; and in both letters I am trying to arouse you to wholesome thinking by means of reminders; so that you will keep in mind the predictions of the holy prophets and the command given by the Lord and Deliverer through your emissaries"* ~ 2 Kefa 3:1-2. Rabbi Sha'ul also shared this same theme with Timothy. *"Meditate on these things; give yourself entirely to them, that your progress may be evident to all."* ~ 1 Timothy 4:15 (NKJV)

It is with constant confession that we unleash the power of the living Word of God in our lives. *"Come close to God, and he will come close to you. Clean your hands, sinners; and purify your hearts, you double-minded people!"* ~ James 4:8

What Should We Avoid?

There is great wisdom in the Word of God just waiting to be revealed to you, but we have to do our part by reading and/or hearing it. *"My mouth is about to speak wisdom; my heart's deepest thoughts will give understanding"* ~ Psalm 49:3. When we begin to meditate on God's Word there are some mistakes to avoid.

- **Christian Meditation should not be looked at as a chore.**

We should look at our meditation time as an exciting time that keeps us blessed and peaceful. Once we make it a chore, our heart is no longer in it and we are no longer open to receiving His wisdom by drawing near to Him. Re-read James 4:8 above.

- **Don't become inflexible in your Christian meditation time.**

Christian meditation should be a daily part of our lives. However, life happens and we need to be flexible in the time we spend for our meditation. We will be interrupted, but don't let those times be an excuse to give up on your routine. Start back in as soon as you can. With God in it, it will work. (See Joshua 1:8)

- **Don't fail to be consistent when meditating.**

Begin with a simple method and schedule that will allow you to be consistent. It should be enjoyable and something that you look forward to doing. It should become as much of a habit as your daily hygiene routine. Meditation enables us to purposely take the time to draw near and make a connection to God. As Sha'ul reminded Timothy, "Until I come, devote yourself to the public reading of Scripture, to exhortation, to teaching." ~ 1 Timothy 4:13 ^(ESV)

In my next post, we will look at what prayer has to do with Christian mediation.