

18. Stilling Your Soul Before God

Psalm 131

Rush, rush, rush. Your day is bursting at the seams. There's never enough time to accomplish everything on your to-do list. There's no time to enjoy a sunset, to stand for even five minutes simply feeling the wind on your face. So who has the time to just sit before God with no words, no agenda, no schedule?

In recent years meditation has become increasingly popular. But it's nothing new. Christian meditation is different from all other forms. Most forms, such as New Age or Eastern meditation, require the person to empty her or his mind. The goal is to commune either with the inner self or with spiritual energies or entities. Christian meditation involves fixing your eyes on Jesus and filling your mind with the things of God; the goal is to commune with God, submitting your will to his. Although there are counterfeit forms, don't be afraid to use God's gift of meditation to deepen your relationship with him.

- ✚ How important is meditation (Ps 46:10; Mk 6:31)?

- ✚ What is the first step in meditation (Psalm 131:1-2)? How often do you take time to quiet your soul in awareness of God's presence?

- ✚ What does Elisha use to quiet his soul (2 Ki 3:15)? What aids can you use to quiet your soul?

- ✚ What sort of environment is conducive to meditation (Mk 1:35)? What in your life might hinder it?

- ✚ How should you begin your meditation (Heb 12:2)?

- ✚ How will you benefit from meditation (Php 4:6-9)?



What are some things you can meditate on (Jos 1:8, Ps 48:9; 77:12; 119:15, 23, 27, 148)?

Enjoying God Through the Word

Read Psalm 23. This psalm is a wonderful example of true meditation. Jesus, the shepherd, leads you into a beautiful pasture near a quiet stream. It is here, in this tranquil setting, that Jesus refreshes you spiritually. He guides you in his ways and walks with you through even the darkest, most difficult times. You have no need to fear—his authority and power are a comfort to you. He prepares a lavish banquet for you under the shade of the trees. He seats you in a place of honor and sends goodness your way for as long as you live. And with your death will come the joy of living in his presence forever.

Meditation can be a wonderful way to enjoy God and to listen to his voice. God has chosen to reveal his thoughts to his people (Am 4:13). But often the noise of the world dulls your spiritual ears to the whispers of God. Meditation is an excellent way to still your spirit so that you can be receptive to the Holy Spirit's voice.

Enjoying God Through Experience

Find a place where you can be alone. Still your heart and mind by using the scene in Psalm 23. Be very quiet; put aside the noise, busyness and duties of your day, and allow the Spirit of God to refresh your spirit. Take your wounded, battle-weary heart to Jesus and just sit with him awhile. This can be a time to bask in God's presence and to enjoy who he is and who you are to him.