

InShape *for 2008*

Meditation – Food for the Soul

Ungodly Meditation: The Science of Yoga says that “one can meditate on anything... In Raja Yoga, however, you specifically focus on that greater reality that will uplift and expand your consciousness. Little by little, absorption in that higher consciousness transforms you from the inside out” (www.anandaportland.org).

“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful” (Psalm 1:1).

A Triple Negative:

“Walks not in the counsel of the ungodly” – **Listen** & Agree

“Nor stands in the path of sinners” – **Follow** & Belong

“Nor sits in the seat of the scornful” – Relax & **Criticize**

Godly Meditation: ² But his delight is in the law of the Lord, and in His law he meditates day and night. ³ He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper. ⁴ The ungodly are not so, but are like the chaff which the wind drives away. ⁵ Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous. ⁶ For the Lord knows the way of the righteous, but the way of the ungodly shall perish (Psalm 1:2-6).

Made Simple: “Hearing God’s voice and obeying God’s Word”

Internalizing God’s Word for Action

Enjoying (Psalm 1:2) & Reading His Word out loud (Joshua 1:8)

Observing, Studying, and Memorizing (Psalm 1:2)

¹⁰As soon as it was night, the brothers sent Paul and Silas away to Berea. On arriving there, they went to the Jewish synagogue. ¹¹Now the Bereans were of more **noble** character than the Thessalonians, for they received the message with great **eagerness** and **examined** the Scriptures every day to see if what Paul said was true. ¹²Many of the Jews believed, as did also a number of prominent Greek women and many Greek men (Acts 17:10-12; NIV).

A Triple Positive:

The Bereans were of more *noble character* (17:11)

They listened intently, *eagerly*, to the preaching of the Word

They searched and *examined* the *Scriptures daily* to check the message.

Obeying (Joshua 1:8)

⁸ This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may **observe** to **do** according to all that is written in it. For then you will make your way prosperous, and then you will have good success (Joshua 1:8).

Advanced planning for focused Prayer

¹⁶ As for me, I will call upon God, and the Lord shall save me. ¹⁷ Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice (Psalm 55:16-17).

¹⁰ Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days (Daniel 6:10).

The Jews had **3** daily times of **prayer**:

- 9:00 AM – “the third hour”
- 12:00 PM – “the sixth hour”
- 3:00 PM – “The ninth hour”

Meditation: “Hearing God’s voice and obeying His Word”