

11-21-2011 MEDITATE

As a serious person, I often find myself in deep thought and analysis, contemplating what if & what I should have done, reflecting on life's experiences. I definitely MEDITATE more than the average person. I'm Ken Trahan & Welcome to Walking in the Word with Williams Blvd. Baptist Church.

As I checked out the definition of MEDITATE at dictionary.com, I discovered the spiritual nature of the verb. One definition says this: "to engage in transcendental MEDITATION, devout religious contemplation, or quiescent spiritual introspection.

Now, you want more definitions, right? Quiescent (kwee-es-uh'nt) means to be at rest, still, inactive, motionless. Introspection is observation or examination of one's own mental & emotional state, mental processes, looking within oneself.

I like the concept of Quiescent. I seldom have still, inactive, motionless times when I rest. I am a bit of a restless sleeper and do not sleep much to begin with. I am quite introspective, always looking within, searching to improve upon what I have done or said.

What I attempt to do & must strive to continue to do better is to MEDITATE on God's Word. When I prepare these messages, I often read other commentaries & messages after reading the Word. In my haste to prepare a message, I sometimes do not MEDITATE enough on the Word of God. On other occasions, I do. On those occasions, the messages are more clear, coherent & on-point.

Joshua, Chapter 1 is God's Commission to Joshua, who succeeded Moses as the leader of the Israelite nation. The Lord speaks to Joshua & commands Him to lead the chosen ones into the Promised Land. God promises not to leave or forsake Joshua & urges him to be strong & of good courage.

In verse 8, God says this to Joshua. "Keep this Book of the Law always on your lips; MEDITATE on it day & night, so that you may be careful to do everything written in it. Then, you will be prosperous & successful. Have I not commanded you? Be strong & courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

God tells Joshua to boldly speak the Word at all times. If any of us, like Joshua, are going to heed the command & speak the Word, we have to know the Word. How do we accomplish this? By MEDITATING on it day & night.

What happens when we do so? God tells Joshua that the result will be that he will be prosperous & successful.

Isn't that what we all want? We chase fools' gold all over the earth. We pursue our so-called dreams endlessly. We reach some goals, fall short in other cases. We wonder why? We wonder where we will turn next?

Turn to Jesus. Learn His Word, speak His Word & be bold in doing so, unafraid, unashamed of whatever situation you find yourself in.

Psalm 1:1-3 says, "Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, & who MEDITATES on his law day & night. That person is like a tree planted by streams of water, which yields fruit in season & whose leaf does not wither—whatever they do prospers."

Again, MEDITATE on God's Word, His law regularly & the fruits of your life will be magnified. When we MEDITATE on God's Word & then apply it to our lives, we will bear fruit & receive approval from the Lord.

As I am so serious, I urge you to take this seriously—MEDITATE on God's Word daily! God taught Joshua to MEDITATE on His Word, learn His Word, obey His Word & reap the harvest. The riches of this earth or nothing compared to the riches God has in store for us. Think I will ponder, MEDITATE on that for a while!

For a text copy, e-mail me @ kentrahan@aol.com & ask for MEDITATE. For Pastor Tim Williams, thanks for joining us. I'm Ken Trahan. God bless you!