



# CAPITOL COMMISSION™

## The Benefits of Biblical Meditation

APRIL 6, 2011

Jason Palermo / (501) 366-2557 / [www.capitolcom.org](http://www.capitolcom.org) / [jason.palermo@capitolcom.org](mailto:jason.palermo@capitolcom.org)

*God's people are described as those who regularly turn to the Lord in prayer, and remain in His Word. This combination of remaining in God and in His Word, made all the difference in their life. Today we will be examining the benefits of biblical meditation, may God strengthen you according to the riches of His Grace.*

Heavenly Father we ask that You would illumine our minds as we hear Your Word, and grant us hearts that desire to exalt You and Your glory. Capture our affections; stimulate our thinking about Your holy character and the glories found in Your Son, Jesus Christ. Impart grace in the hearing of your Word, and reach and teach our hearts to agree with you. By the power of the Holy Spirit help us to skillfully meditate upon and apply your Word to our lives. Teach us to view all our trials from the bigger picture of your will for our lives and from the perspective of eternity. Grant us great joy in fellowship with You and Your people and teach us afresh what it means to be Your servant people, as we contemplate what James meant when he referred to himself as "...a bond-servant of God and of the Lord Jesus Christ" (James 1: 1). Help us understand and to serve You, rather than ourselves, in every sphere You have placed us. We confess now that You are the Lord, of heaven and earth and the source of all wisdom. Please grant wisdom to all who are here, and to all who call upon Your Holy Name, without any doubting of your faithfulness (James 1: 5-6). In Christ's Name we pray, Amen!

### INTRODUCTION

Today we will be focusing on the benefits of meditating upon God's Word. Believers have a clarion call to "let the word of Christ dwell in you richly" (Col. 3:16). How does one let the word of Christ dwell in them richly? One way is by meditating on the Word of God. Letting the Word of Christ dwell richly in you may be one of the most practical things you ever do. Doing so prepares you for everything else. It also allows you to see things more clearly from God's perspective. Therefore it is practical. I cannot count the number of times for example, my morning time in God's Word prepared me to serve another person, or helped me to respond in a more Christ-like way during a trial or crisis. Today we will examine a few of the benefits of biblical meditation, as a preparer for coping with trials within the Capitol community. It is one thing to read or hear God's Word, and an entirely different thing to skillfully apply God's Word to one's life. The process of applying God's Word is largely dependent upon one's ability to call God's Word to mind. That is where

biblical meditation comes in. Biblical meditation will help one take familiar Biblical truth, and assimilate it to one's character.

### THE BENEFITS OF BIBLICAL MEDITATION<sup>1</sup>

You will be Prosperous and successful

*Joshua 1:8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.*

*Psalm 1:1-3 How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2 But his delight is in the law of the LORD, And in His law he meditates day and night. 3 He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.*

While all believers will not be physically healthy or economically wealthy in this life, they can be spiritually healthy and spiritually rich. Believers can mature in godliness, which is "profitable for all things, since it holds promise for the present life and also for the life to come" (1 Tim. 4:8).

You will experience increased freedom from sin

*Psalm 119:9 How can a young man keep his way pure? By keeping it according to Your word.*

*Psalm 119:11 Your word I have treasured in my heart, That I may not sin against You.*

Those who treasure the Word of God will keep their eyes on it, storing it in their heart, not only so they can resist sin, but also so they can know, and love God more. The result is believers becoming more like Jesus.

You will experience greater wisdom and understanding

*Psalm 119:97-100 97 O how I love Your law! It is my meditation all the day. 98 Your commandments make me wiser than my enemies, For they are ever mine. 99 I have*

### BIBLE STUDIES

**WED. @ 7:00 - 7:30 A.M., ROOM 19 IN THE STATE CAPITOL  
(TAKE ELEVATOR TO THE LOWER LOBBY, EXIT LEFT)**

## The Benefits of Biblical Meditation

*more insight than all my teachers, For Your testimonies are my meditation. <sup>100</sup> I understand more than the aged, Because I have observed Your precepts.*

At first glance the psalmist may appear to be boasting in himself, but the psalmist is boasting in the Lord, who uses His Word to impart wisdom and understanding to believers, for life's daily struggles. Wise is the political leader, support staff, and lobbyist who treasures God's Word, and hides it within their heart, so they do not sin against God. That person will be prepared to respond wisely to life.

Your prayers will be answered

***John 15:7 If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.***

To be balanced, one must consider what the entire counsel of God's Word teaches on prayer. For example, God refuses to hear prayers of unbelief (James 1: 6-8). Sin one's life may also keep God from answering prayer according to one's desire (Isaiah 1:15; 1 Peter 3:7). God sees the big picture, and may withhold specific requests that appear good to us.

Remember, God always answers prayer. Sometimes He answers "yes," sometimes He answers "no," and other times He answers "not yet." Therefore, believers are urged to persevere in prayer (Luke 18:1-8), trusting that God is all-good, and that He always knows what is best for His beloved children (1 Samuel 2:1-3; Ps. 119:68; Lam. 3:25; Mat. 7:77, 10:29; Mark 10:18; Rom. 8:28, 11: 33; James 3:17). He always has the perfect time for every occasion (Eccl. 3:1).

You will be filled and led by the Holy Spirit

***Colossians 3:16-24 <sup>16</sup> Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. <sup>17</sup> Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. <sup>18</sup> Wives, be subject to your husbands, as is fitting in the Lord. <sup>19</sup> Husbands, love your wives and do not be embittered against them. <sup>20</sup> Children, be obedient to your parents in all things, for this is well-pleasing to the Lord. <sup>21</sup> Fathers, do not exasperate your children, so that they will not lose heart. <sup>22</sup> Slaves, in all things obey those who are your masters on earth, not with external service, as***

*those who merely please men, but with sincerity of heart, fearing the Lord. <sup>23</sup> Whatever you do, do your work heartily, as for the Lord rather than for men, <sup>24</sup> knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve.*

***Ephesians 5:18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,***

***Galatians 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.***

As we treasure the Lord of the Scriptures within our hearts, we will likewise treasure His Word which was written for our benefit. This has a reciprocating effect, in that our love for the Author of the Word, increases as His Word begins to increasingly be treasured within our hearts. Similarly, our love for others will likewise tends to grow, as our love for God increases. As we ruminate on, and meditate upon, and contemplate the Word of God within our minds, we are letting it dwell richly in us. God will use His Word for the purpose for which He intended it. God promises to bless this approach to learning His Word. He promises to hear His children's prayers, to lead them, fill them, teach them, transform them, granting righteousness, peace, wisdom, and joy to all who trust and abide in Him and His Word.

---

<sup>1</sup> This study is loosely adapted from Louis Paul Priolo, How to Think Like a Christian, 1995.