

How to Meditate on God's Word

Donald Mann

When the Bible translators chose an English word or phrase, they are starting from what they think the range of meanings of the original language word is. Then they translate it into English. Often this is a real problem as the original language word may not have a similar single word meaning in English (either in 1600 or today). Such a challenging word or concept is the English word *meditation* or *to meditate*.

In English we consider meditation a personal action. This can occur while in a group, but the actual process of meditation is within the individual. The Old Testament word translated meditate means to continually mutter or "chew the cud" as a cow would. So it is a process of putting God's Word in your mouth and continually repeating it. It is not emptying your mind as practiced in Eastern or Oriental religions.

Here is Vine's Dictionary explanation.

Hagah OT: 1897, "to meditate, moan, growl, utter, speak." This word is common to both ancient and modern Hebrew. Found only 25 times in the Hebrew Old Testament, it seems to be an onomatopoeic term, reflecting the sighing and low sounds one may make while musing, at least as the ancients practiced it. This meaning is seen in its first occurrence in the text: "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night..." Josh 1:8. Perhaps the most famous reference "to meditating" on the law day and night is Ps 1:2.

Hagah also expresses the "growl" of lions Isa 31:4 and the "mourning" of doves Isa 38:14. When the word is used in the sense of "to mourn," it apparently emphasizes the sorrowful sounds of mourning, as seen in this parallelism: "Therefore will I howl for Moab, and I will cry out for all Moab; mine heart shall mourn for the men of Kir-heres" Jer 48:31. The idea that mental exercise, planning, often is accompanied by low talking seems to be reflected by Prov 24:1-2: "Be not thou envious against evil men,... for their heart studieth destruction, and their lips talk of mischief." (from Vine's Expository Dictionary of Biblical Words, Copyright © 1985, Thomas Nelson Publishers.)

Notice, while actual meditation can be quiet, it generally is not. So to meditate in the Old Testament includes muttering, chanting, singing and other vocal expressions. It may not be limited to that, but as a practice should include these vocal exercises. Like doves, this sound goes on continually, all day and night. Doves may not coo or mourn all the time, but if you are around them, the sound is continual, even when flying.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

Some use this scripture to justify Eastern or Oriental-type mediation where the mind is emptied to receive “thoughts” and “insights.” Ps 46:10 “Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. 11 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.” KJV

That word “know” means to perceive, comprehend, and imagine. This is not an empty mind but a very full mind dedicated on comprehending and imagining what it means that God will be exalted in the Earth. So the command is to stop all other thoughts, especially worries and fears and any form of idolatry, and focus with right meditation on God and His promises.

The New Testament word translated *meditate* has a slightly different meaning than the Old Testament concept. Again here is Vine’s Dictionary explanation:

Meletao (NT:3191), primarily, "to care for" (akin to *melete*, "care"; cf. *melei*, "it is a care"), denotes (a) "to attend to, practice," 1 Tim 4:15, RV, "be diligent in" (KJV, "meditate upon"); to practice is the prevalent sense of the word, and the context is not against this significance in the RV rendering; some mss. have it in Mark 13:11; (b) "to ponder, imagine," Acts 4:25. See IMAGINE. (From Vine's Expository Dictionary of Biblical Words, Copyright © 1985, Thomas Nelson Publishers.)

Notice the Greek word has more emphasis on the mental processes and not the vocal processes. Other New Testament commands match the Old Testament commands. Eph 5:17 “Wherefore be ye not unwise, but understanding what the will of the Lord is. 18 And be not drunk with wine, wherein is excess; but be (*being continually*) filled with the Spirit; 19 speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20 giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; 21 submitting yourselves one to another in the fear of God.” KJV

Note that here we are commanded to be continually be being filled with the Spirit, and two of the methods are vocal. *Singing* can be loud or soft, while the Greek word for *giving thanks* is loud, vocal and physical. *Submitting* is actions that reflect a new attitude of life. The continually part matches the Old Testament commands in Joshua 1:8 and Ps 1:2 “But his delight is in the law of the Lord; and in his law doth he meditate day and night.” KJV

The Greek word *meletao* has the idea of a planned exercise to get your mind and heart in order so that you now have a new way of thinking and therefore a new way of doing. Within the meaning of *meletao* is imagination or visualization on the thing you are meditating on. This is a continual self-managed behavior modification and maintenance program. In both the Old Testament and the New Testament words, right actions are the result of right meditation. The reverse is also true, right actions mean you are doing right meditation, and wrong actions mean you are doing wrong meditation. If you are not seeing the results you want with God, change what Scriptures you are meditating on.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

This explanation fits right in with the command of Paul to Timothy. 1 Tim 4:13 “Till I come, give attendance to (*public*) reading (*of Scripture*), to exhortation, to doctrine. 14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery. 15 Meditate (*ponder, control your thinking so you do these things, and give yourself to visualization*) upon these things; give thyself wholly to them; that thy profiting may appear to all. 16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.” KJV

In the Old Testament we are commanded to meditate “day and night.” In the New Testament, per Ephesians 5:17 we are commanded to vocalize in song and thanksgiving without stopping. In either case this is an every waking moment affair.

The issue is not meditation. You meditate on something all day, every day. You go to sleep meditating, you work meditating, you play meditating, you eat meditating and you meditate in everything you do. It is how we humans operate. So the issue is not that we meditate, but what we mediate on.

One of the simplest ways to start meditating properly is to get a list of Scripture songs and start muttering, singing and giving thanks about and with them “night and day.” That means at least once during the day and once during the night. In the New Testament it is clearer; we are to be vocalizing the Psalms and other Holy Spirit words all the time.

Besides the Psalms, one good place to find Scripture songs is in some collections of children’s songs. Use only the ones that are exact Scripture. Or do an internet search for Scripture songs and use those. The key is not a library, but doing it “continually.” Aim for exact Scripture first, and then later add in scriptural songs. Fill your mind with exact truth first, last and always.

This continual mediation on the New Testament Gospel is included in what Jesus said: John 8:31 “Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; 32 and ye shall know the truth, and the truth shall make you free.” KJV John 15:7 “If ye abide in me, and my words abide in you, ye shall (*aiteo*) ask what ye will, and it shall be done unto you. 8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.” KJV

How often to meditate on one scripture? I suggest six to twenty times a day, for around ninety days. It takes that kind of effort to write it on your heart. Once written, it must be maintained. You want to spend at least ten percent of your day consciously meditating on God’s Word. For most it is added to your normal hour of Bible study and prayer each day.

“What, you have no time!” Please recognize you are meditating on something almost all the time. Make a conscious choice to meditate on God’s word rather than the devil’s obvious and not so obvious offerings. The results of meditation are up to you. We are commanded to do it, so no amount of anointing or gifting will give this to you. It is a conscious choice to obey.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

For most to obey these commands is a lifestyle change. Just remember, what you meditate on is what you do. If you want different behaviors, you must change what you meditate on.

Another great tool is Scripture memorization cards. Also the affirmations found in such books as *OK, God, Now What?* by the author are very helpful.

How long with it take to make a difference depends on you, not God. If you decide to obey these commands, you will make Scripture meditation a thing you do all day. At first it will be an “add on” to your regular day. Over time, years, godly meditation will become a lifestyle that fits every situation. It will change how you spend your time and what you use for entertainment.

Of course this is included in this great command: Rom 12:2 “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” KJV Of course godly meditation is one of the chief tools to renew, and to keep renewed, our minds.

Do not blame the author or the instruction manual for lack of desired results if you do not follow the instructions to the letter.

We highly recommend you get our Power Trilogy to further accelerate your growth in Christ

http://covenantpeaceministries.com/Book_Store.html

For a stronger foundation for faith we recommend starting with *Discovering Our Redemption*.

RESOURCES THAT MAKE A DIFFERENCE

Materials to help you grow in Christ and make it easier than you think.

Get the entire Power Trilogy:

http://covenantpeaceministries.com/Book_Store.html

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

Where are the answers I need?

They are in the **Power Trilogy**.

Get the complete set today and experience the transformation of your life!



- **Faith-building facts** of our Redemption → *Discovering Our Redemption*
- **How to renew your mind** for miracles and blessing in God → *OK, GOD, Now What?*
- **How to release** your faith for healing miracles → *Battle Prayer for Divine Healing-Field Manual 2*

Go to www.CovenantPeaceMinistries.com to get yours today.

OK, God, Now What?

Activating His Ancient Secrets for Success

How to renew your mind for more power with God

This book shows the Bible principles that are changing top sports, sales, business and Christian leaders, and ordinary people to Godly success in every part of life.

Experience peace of mind, clarity, purpose, health, wealth and a better life. In just 21, 40 or 90 days you will see dramatic results.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

For the new Christian - get started right; for the mature Christian - get revelation, a new fire and peace like you've only dreamed of.

Book website: www.OkGodNowWhat.com

Discovering Our Redemption

How to Be Transformed By The 50 Days that Changed the Universe

Experience the confidence as you know what Jesus did in each step of the process of the critical last 50 days of His ministry 2000 years ago.

Feel your faith rise as you take these historical facts and use them for the foundation for your faith just like the Apostles did.

This book shows what Jesus did from the Last Supper to the Day of Pentecost and how to apply these historical facts to greater growth in God.

Feel your faith rise as you take these historical facts and use them for the foundation of your faith just like the Apostles did.

http://covenantpeaceministries.com/Book_Store.html

Battle Prayer for Healing, Field Manual 2

Releasing God's Healing Power When You Need It.

This book is a step by step scriptural guide on how to pray so God can heal through you.

Use this book as a spiritual first aid kit in times of trouble, as a tool for a more effective ministry, and as a study guide so you can grow in Christ and the power of Holy Spirit. For Christians at every level, Battle Prayer for Divine Healing, Field Manual 2 is for you!

Hundreds of healing scriptures to empower your confessions.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.

http://covenantpeaceministries.com/Book_Store.html



FREE RESOURCES

There are numerous other free resources at our website as well as the book store for these books in print, audio and digital formats.

MAKE A DIFFERENCE

Help us make a difference and get our books into the hands of people who need them. Order 10 or more and give them away.

QUANTITY ORDERS INVITED

Join the others who are using our bulk pricing program for all items. They make excellent gifts, book reading club, Bible study, outreach, half-way house and drug recovery, entrepreneur and business development program resources.

Please email us at Info@CovenantPeaceMinistries.com for details.

www.CovenantPeaceMinistries.com

BLOG.CovenantPeace.com

Copyright © 2011 By Donald C. Mann, all rights reserved.