

Meditations to Consider

What does it mean to meditate? For the Christian, to meditate means something quite different than it does for, let's say, a Buddhist. For example, Buddhist meditation is a part of the pathway toward being freed from defilement, cravings, or from clinging to worldly things. When a Buddhist meditates, he "empties" his mind of desires and rests his thoughts away from the challenges of the day. In Buddhism, meditation might be done by sitting still, quietly, undistracted, and staying put like this until you've emptied your mind of desires, bothers, and concerns.

However, meditation has the opposite goal in Christianity. Where might be summed up in Buddhism as "emptying" the mind, in Christianity, meditating is to fill the mind; to wrestle deeply with profound thoughts, and to grow by working through challenging truths. In the Bible, Joshua 1:8 the Lord tells Joshua that, ***"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."*** The Word of God is a source for us to change our lives, provide knowledge and hope.

I hope that you are spending time every day reading and meditating on God's Word. This essay is meant to be a supplemental reading. If you do nothing else today, reading and meditating on God's Word is the best use of your time. After you have done that, consider these additional challenging thoughts and wrestle through them. Consider their truth and how they might impact your life. Perhaps one of these meditations becomes a topic of conversation today. Each of the meditations provided below is an independent thought, meaning, they are random and not meant to be considered along with any other thought provided above or below them. Just wrestle through each one, one at a time.

Various Random Meditations for Your Consideration

A.

When I hold a strong opinion in the face of little evidence it's a sign that I'm not using critical thinking skills.
Conviction should follow the facts, not come before them.
What I want to believe shouldn't dictate what I believe.
The key to learning is valuing truth.

B.

There's no limit to what someone can achieve if he's willing to not accept any credit for it.

C.

I pray that...
...I will believe that Jesus is more satisfying, fulfilling, and compelling to me.
...sin will become more repulsive, offensive, and disgusting to me.
...I will live each day with a massive desire to please God.
...the Holy Spirit would fill me and position me to bless those around me.

D.

When I win, my family wins. When I lose, my family loses.

E.

The Fear of the Lord – Delighting in doing what pleases Him, careful to avoid what offends Him.

F.

A good man knows the rules, but a wise man knows the exceptions.

G.

Do not concentrate on the enemy, nor on my weaknesses, but concentrate on the Lord.

H.

"God is there something you want to say to me today?"

I.

Review my daily goals with God.

J.

I'm only going to go as far as I pray.

K.

Is my passion there?

Is my vision clear?

Is my character submitted?

Is my calling sure?

Am I hearing God's voice?

Is my pace sustainable?

Is my heart growing?

L.

If I think I'll sin, I will.

If I think I'll always struggle with it, I will.

If I believe I'm trapped in it, I am.

If I think I can't have victory, I won't.

M.

What if others evangelized as often as I do?

N.

What do I want people to say about me when I'm gone?

O.

"By far the greatest joy of my life has been my fellowship with Jesus. Hearing Him speak to me, having Him guide me, sensing His presence with me and His power through me. This has been the highest pleasure of my life." – Billy Graham

P.

"If I depend upon planning, I will get what planning can do for me. If I depend upon organization, I will get what organization can do for me. If I depend upon money, I will get what money can do for me. But, if I am dependent upon prayer, I am brought face to face with what the Almighty can do for me." – A.J. Gordon

Q.

What will I do today if I'm confronted by the person that I'm avoiding?

R.

What kind of people tend to be drawn to me?

What kind of person do I wish would be drawn to me?

S.

Don't use today as another day thinking about what could happen, should happen, or what might have been.

T.

"Worry does not empty tomorrow of its sorrows; it empties today of its strength." - Corrie Ten Boom

U.

I might be succeeding at something that doesn't even matter.

V.

"I can't go back and change the beginning, but I can start where I'm at and change the ending." – C.S. Lewis

W.

"Humility is not thinking less of yourself, it's thinking of yourself less." - C. S. Lewis

X.

"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else." - C. S. Lewis

Y.

"Don't judge a man by where he is, because you don't know how far he has come." - C. S. Lewis

Z.

"There are far, far better things ahead than any we leave behind." - C. S. Lewis