



# The House of Hope WestPointe

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*WestPointe*  
“A Global Word Church”

## MEDITATION & CONSECRATION

### The Inward Disciplines: The Discipline of Meditation

- “True contemplation is not a psychological trick but a theological grace.” ~*Thomas Merton (Trappist Monk)*
- In contemporary society, our adversary majors in three things: noise, hurry, and crowds.
- “Hurry is not of the Devil, it is the Devil.” ~*Carl Jung (Psychiatrist)*
- The Bible uses two different Hebrew words (“hä·gä” and “sü’·akh”) to convey the idea of meditation, and together they are used some fifty-eight times.
- The Bible’s words for meditation have various meanings: listening to God’s word, reflecting on God’s works, rehearsing God’s deeds, ruminating on God’s law, and more. (This distinguishes Christian meditation from its Eastern and secular counterparts).
- In every case of meditation being used in the Bible, there is a stress upon changed behavior as a result of our encounter with the living God. (See **Psalm 119:97, 101, & 102**)
- Repentance and obedience are essential features in any biblical understanding of meditation.

#### Biblical Witnesses:

- Isaac (Genesis 24:63)
- David (Psalm 63:6)
- Eli (1 Samuel 3:1-18)
- Elijah (1 Kings 19:9-18)
- Isaiah (Isaiah 6:1-8)
- Jeremiah (Jeremiah 20:9)
- Jesus (Matthew 14:13)

## I. The Purpose of Meditation

- A. For our hearts to become His sanctuary Revelation 3:20
- B. For Him to transform our inner personality Romans 14:17
- C. For our desires and aspirations to be conformed to His way

## II. The Preparation for Meditation

- A. Set aside time for meditation
- B. Set aside a place for meditation
- C. Set aside a position for meditation

## III. The Plans of Meditation

- A. The plan of meditation on scripture (which is different from the study of scripture)
- B. The plan of releasing and receiving
- C. The plan of meditation upon creation