

Reading Scripture Diligently and Meditatively

“Till I come, give attendance to reading, to exhortation, to doctrine.” – 1 Timothy 4:13

The Puritan minister, Richard Greenham, once said, “We ought to read our Bibles with more diligence than men dig for hidden treasure. Diligence makes the rough places plain, the difficult easy, and the unsavory tasty”.

After reading Scripture, we must ask God for light to scrutinize our hearts and lives, then meditate upon the Word. Disciplined meditation on Scripture helps us focus on God. Meditation helps us view worship as a discipline. It involves our mind and understanding as well as our heart and affections; it works Scripture through the texture of the soul.

Meditation helps prevent vain and sinful thoughts: “A good man out of the good treasure of the heart brings forth good things: and an evil man out of the evil treasure brings forth evil things (Mat. 12:35).

Mediation provides inner resources on which to draw: “And I said, This is my infirmity: but I will remember the years of the right hand of the Most High. I will remember the works of the LORD: surely I will remember Thy wonders of old. I will meditate also of all Thy work, and talk of Thy doings” (Ps. 77:10-12). Charles Spurgeon comments, “Sweet work to enter into Jehovah’s work of grace, and there to lie down and ruminate, every thought being absorbed in the one precious subject”.

Meditation gives direction for daily life: “Bind them continually upon your heart, and tie them about your neck. When you go, it shall lead you; when thou sleep, it shall keep you; and when you awake, it shall talk with you” (Prov. 6:21-22).

Meditation helps fight temptation: “Your Word have I hid in my heart, that I might not sin against You... I will meditate in Your precepts, and have respect unto Your ways” (Ps. 119:9,15).

Finally, meditation benefits others: “One generation shall praise Thy works to another, and shall declare Thy mighty acts. I will speak of the glorious honor of Thy majesty, and of Thy wondrous works. And men shall speak of the might of Thy terrible acts: and I will declare Thy greatness. They shall abundantly utter the memory of Thy great goodness, and shall sing of Thy righteousness” (Ps. 145:4-7). Again, Spurgeon says in reference to these verses: “The Lord’s redeemed people having been filled with his great goodness, shall retain the happy recollection of it, and shall be moved often and often to utter those recollections”.