



MEDITATE

THE
WORD



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The Meditation of the Word of God

(Joshua 1: 7-8).

This document is the English version of the original document “LA MEDITATION DE LA PAROLE DE DIEU”. In order to preserve the integrity of the message, some bible verses of the versions of the French bible have been translated into an English version.

This brochure is a message of exhortation and edification. As the word of YHWH¹ (GOD) reminds us in the epistle of Paul to the Colossians 3:16 “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God”.

Shalom everyone and be abundantly blessed by this message in the Name of YEHOSHOUA HA MASHIAH (JESUS-CHRIST) our Lord! AMEN.

“Only be strong and very courageous, be careful to obey all the laws that my servant Moses gave you; do not turn from it to the right or to the left that you may be successful wherever you go. Do not let this book of the law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful” (Joshua 1: 7-8).

The observation is that there are many complete teachings on several themes of the Bible but very few detailed and entirely dedicated teachings on the meditation of the word of God. Every born-again (Christian) is called to develop a personal relationship with the Lord Jesus, because they became children of God and he became their Father. The personal communion with God contains the following elements: **the meditation on the word, personal prayer, fasting and obedience to God (sanctification)**. In this book, we are particularly interested in

¹ YHWH or YHVH: Translated by the Lord in the majority of French bibles, this Tetragrammaton is the name of God revealed to Moses in the book of Exodus. With time this Tetragrammaton became YaHWeH or YaHVeH

the meditation of the word. Meditating the Word of God is a basic teaching that every Christian must know immediately after their conversion and practice it in order to grow well with the Lord.

1- What is the meditation of the word of God?

The meditation of the word of God is the most excellent means which Elohim (God) uses to talk to his children. The Bible is the tool by excellence through which God gives us his word. Meditating on the bible also means meditating the word of God and the bible is generally called the word of God in the Christian community. There is a difference between the reading of the word of God and meditating the word of God. Meditating the word of God a particular reading of the bible accompanied by some number of elements whereas one can read the word of God just like a story.

The word “meditate” in the Bible has several meanings according to the Bible dictionary:

- **Murmuring the word of Elohim (God):** wherever we are, we can murmur the promises of the Lord in our hearts (**Psalms 63:5-8, 119:11**). When we meditate on the word, we can whisper it several times in our hearts in order to better apprehend it spiritually, thereby knowing the promises of God before situations (battles) which has the tendency of discouraging us in times of adversity.
- **Proclaiming the word of Elohim in a loud voice:** it is interesting to note that the Hebrew word “hagah” translated in Joshua 1:8 as “to meditate” also means “to proclaim” or “publish” in Proverbs 8:7 and Psalms 35:28. We can also proclaim the word aloud when we meditate it.
- **Reflecting deeply on the word of Elohim:** one must be in the secret² place. In Israel, it is customary to go to study the Torah (law) under the shadow of a fig tree³.

We have to take advantage of all these means of meditation according to the disposition of our human mind, taking into account the environment in which we live. If we are in a public place or if we live for example with people in a room, it is advisable to whisper the word in our hearts so as to avoid trouble with others. If we are alone no matter where we are, we have a choice between whispering the word in our hearts and proclaiming it out loud. We should

² **Secret:** Read Matthew 5:5-6.

³ **Fig tree:** Read John 1:43-51.

equally note that the Lord can give us a word to meditate by putting a thought in our hearts for this reason; we might not always have to read the bible to bring out a word of the Lord. It is also worth noting to verify this thought as soon as possible by looking for the reference in the bible, this will prevent us from meditating a thought supposedly “from God” and fall into the trap of the devil. So, the purpose of verification is to make sure that the thought we have received agrees with the word of God.

2- Why should we meditate on the word of God?

The Bible presents several reasons why the disciples of Christ must meditate on the word of Yahweh:

Firstly, the **meditation of the word of God brings us closer to God** according to the following passage: “*In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.*” (**John 1: 1-2, King James 1982 Version**). If we want get closer and closer to God, we must meditate on his word frequently because God is the word.

Secondly, the **meditation of God's word builds our faith**: “*Consequently Faith comes from hearing the message, and the message is heard through the word of Christ.*” (**Romans 10:17, King James 1982 Version**). If we want to be men and women of faith, we must spend much time in the meditation on the word of God.

Thirdly, the **meditation of the word nourishes our human spirit**: “*Jesus answered, it is written: man does not live on bread alone, but from every word of Elohim.*” (**Luke 4:4, King James 1982 Version**). The human being that we are is made up of three essential parts⁴: the spirit, the soul and the body. The word of Elohim is a spiritual food and has as its main purpose to nourish our human spirit in order to give it all the necessary strength to be victorious in the spiritual battles that we lead. If a person does not eat physical food, where will he find strength to be able to carry out a task during the day? We spend more time feeding our physical body and forgetting our spirit which, manages our whole being. If we want to have victory in the fight against the flesh towards sin and to stand firm in the fight against the devil and his demons, we must meditate on the word of God. The word of the Lord contains all the vitamins that our

⁴ **Essential Parts**: Read Thessalonians 5:23.

human spirit needs to grow spiritually with the Lord. *“Desire, like new-born children, spiritual and pure milk, so that through it you grow for salvation”* (1 Peter 2: 2, King James 1982 Version).

In verse 8 of the book of Joshua chapter 1: *“This book of the law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success”*. In this verse we can highlight two reasons which should motivate the Christian to meditate on the word of God (the law of God), that is:

- **It gives the Christian the capacity to put the word of the Lord into practice:** it will be very difficult for a Christian who does not meditate on the word of Yahweh (God) daily to put it into practice.
- **It gives us success in what we undertake:** if we want to have success in our undertakings, we must meditate on the word of Yahweh.

In the first chapter of the book of Psalms verses 1 to 3 (Bible Martin 1744). *“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sit in the seat of the scornful; but his delight is in the law of the LORD [YHWH], and in his law he meditates day and night. He shall be like a tree planted by the rivers of water that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper”*. We understand that a person who meditates on the word of the Lord Day and night, that is during the day, is firmly rooted in Christ; no matter the winds and tides that come he remains firm; and bears fruit which is pleasing to the Lord no matter the season. If we want to have a constant spiritual life before the LORD and want to have prosperity in all aspects of our life then we must meditate on the word of YHWH (Yahweh) every day.

We can also see other motivations for meditating on YHWH's word through this passage: *“All Scripture is divinely inspired, and useful for teaching, to convince, to correct, and to instruct according to justice; So that the man of God is accomplished, and fully instructed for every good work.”* (2 Timothy 3:16-17, Martin 1744). The word of Elohim aims to teach the human being in every domains of life. There is no area of life in which the word of Elohim does not deal with, it sets boundaries so that human beings do not deviate from the right path. The word of the Lord convinces the human being on his/her decisions, misunderstandings and difficulties that he/she faces daily. This word is intended to correct us, that is, to bring us back

when we go astray. The word of Elohim enables us to discern the justice of Elohim from that of humans. Any justice that is not in accordance with the word of Elohim is to be rejected. The word of Elohim aims to equip the Christian in all things so that he can fulfill the mission that the Lord entrusted to him on this earth.

3- How should we meditate on the word of God?

a- At what time should we meditate on the word of God?

In the Bible there is no place where it is clearly said we should meditate on the word of God at a specific time. So it is up to everyone to choose a time when they are free and willing to do it without disturbance. In Christian literature⁵, it is advisable to meditate the word of the LORD early in the morning. This is because it is the best time of day we are in the calmest state of mind and when we cannot be called or easily delegated tasks to be done. Also in the Bible many of the servants of the LORD communed with God early in the morning⁶ and even the priests performed service early in the morning⁷. We can set a time early in the morning and recommend this hour to the LORD so that he gives us the strength to honor it. We can meditate on the word of the LORD in addition to this hour according to how willing we are during the day.

b- Where can we meditate on the word of God?

As for the place, there is also no place where it is clearly mentioned in the bible where we must do it. It is advisable⁸ to do this in a quiet place, where distraction is the least possible in order to better concentrate on the word of the LORD. Our bedroom can be an ideal setting for example.

c- What are the necessary tools to meditate the word well?

We can use a **language dictionary** according to the version of the bible that we have, it will allow us to better understand the difficult words that we might come across while reading.

For example, a person using a Bible translated into the French language will need a French dictionary to accompany him in his meditation. **A Bible dictionary** may also be necessary in some cases for a better understanding because the original texts of the Bible were written in

⁵ **Christian Literature:** Books written by Christian authors apart from the bible.

⁶ **Early in the morning:** Read Genesis 19:27; Exodus 34:4; Psalms 5:3; Mark 1:35; Luke 4:42; Daniel 6:13.

⁷ **Early in the morning:** Read Exodus 29:39-41; 2 Kings 16:15.

⁸ **Advisable:** Read Matthew 6:5-6 and John 1:43-51.

three main languages⁹: *Hebrew, Aramaic and Greek*. Most versions of the Bible have been translated into the languages of nations so that many may have access to the message of the gospel of Salvation from Christ. Blessed be the Name of the LORD Jesus for those humans who performed this great job for his work. But as humans we can make mistakes and be influenced by our personal opinions when selecting the right words. Furthermore in linguistics not all languages have the same weight, for example languages like Hebrew and Greek are languages qualified as “very rich” unlike others such as French. For example, the word "amour" in French used in several contexts has several meanings, While in the Greek we distinguish three types of words to talk about love and when one of them is used we are know better on the type of love in question or to which the author alludes. These three words are: “**agapao**” (means: divine love, selfless love), “**philéo**” (means: filial love, brotherly love) and “**héros**” (means: sex-linked love).

For a better understanding of certain passages in the Bible, in company with our reading **we must also take into account the cultural context**. Because the Bible tells us about the story of a people (Israel) from which God decided to save all humankind, all the authors of the Bible were Jews. We have to know the history of this people and its culture.

Finally, the **use of a meditation notebook** is desirable and encouraged because it allows us to write down all the scriptures that the Lord has taught us, prayer points, and even areas shadow or questions. A social proverb says: “Spoken words fly away, written words remain”. Writing these things down in a notebook will allow them to be easily consulted and comforted by it in times of distress because our human brain easily forget things. By writing these questions, it will permit us to remember them and raise them when we meet with Christian brothers and sisters to be better enlightened on these questions if the Lord permits.

d- The process of meditation on the word of God

Before starting to meditate, it is important to recommend this moment to the LORD through prayer so that he may assist us through his Holy Spirit and communicate to us his word which we need on that day. When this phase of prayer is over, we have to read the bible while trying to understand something. It's important to know that we don't have to open the Bible “randomly” and come across a passage, then reading saying that it is given by the Lord. The LORD does not do things randomly because it is our duty to organize ourselves. We can for

⁹ **Main Languages:** From the history of the church in Christian literature.

example decide to meditate one verse per day, ten verses per day, one chapter per day. As for the book in which we are going to meditate, we equally have to choose it. It is advisable¹⁰ to have an alternate reading of the books of the Old Testament and New Testament. For new converts, it is advisable¹¹ to begin the reading the four gospels of Jesus Christ. But in all things, the Bible asks us to allow ourselves to be led by the Holy Spirit¹². For we may have chosen a book for meditation, but in the morning, we rather have it at heart to meditate on another book, in which case we must obey the Holy Spirit. We can get up one morning and the Lord puts in our hearts certain verses, passages or book of the bible in which we must meditate; so do not hesitate to obey him that morning because it is his will. We should not forget to fill in our meditation notebook in a summary the words that the Lord has given us. So here are some questions we can ask ourselves in order to bring out the message of the Lord: **What is this message of the LORD telling me? What are the LORD's promises in this message in my life and in my family?** Through these questions, we can bring out the prayer points that we will address to the LORD for our life and for the life of others. Some prayers such as prayers of repentance must be addressed obligatorily at the moment, others can be done later or for days as the Lord puts it on your heart. At the end, meditation it is important to give thanks to the Lord for this wonderful time he has granted you to spend in his presence through prayer.

Lord our God, we give you thanks for this word which, you have permitted that it may see the light of day and I know that it will edify many people. My prayer is that you grant your grace to all those who have read this teaching and who wish to put it into practice so that they can experience it. Reveal yourself more to those who do not know you so that they may know that you speak, that you guide them, and that you build their lives through your word. Grant unto many to be enrooted in you so as not to be or no longer be carried away by every wind of doctrine, but let them be firm and steadfast. Be the center and foundation of their life through your word, sanctify them, purify them and equip them so that they can do your will fully. It is in the Name of YEHOSHOUA HA MASHIAH (JESUS THE CHRIST), how we have prayed to you! AMEN! AMEN!

NB: Any reproduction is authorized and even encouraged !!

For more edification, you can consult:

¹⁰ **Advisable:** Inside Christian literature.

¹¹ **Advisable:** Inside Christian literature.

¹² **The Holy Spirit:** Read Galatians 5:16 and Romans 8: 14.

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