

“The Meditation Of My Heart”

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In the seventh chapter of Mark, we read of a confrontation between the scribes and Pharisees and Jesus Christ over the traditions of the elders. Specifically, the Pharisees had observed the disciples eating with “defiled, that is to say, unwashed, hands” (Mark 7:2). Jesus took this occasion to teach.

There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.... And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man (Mark 7:15, 20-23).

Solomon stated the same truth in Proverbs 23:7. “For as he thinketh in his heart, so is he.”

In the Day of Judgment, we will be judged for our words and for our actions. It will also be a day when even our thoughts will be exposed and judged. This no surprise to us when we realize behind our actions and our speech is, that which was first, thought in the mind. Understanding this fact it thus behooves those who desire to go to heaven to guard their thoughts to be certain that that which dwells in our minds is that which will lead to proper speech and actions. David understood the import of being cautious when it came to that which we put in our minds. He wrote, “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer (Psa. 19:14). Paul also understood just how important it was to fill our minds with that which was wholesome and sound. He exhorted the Philippians in chapter 4:8. “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things” (Phil. 4:8).

CONSIDER THE PSALMS

When one embarks upon a study of “meditation” as seen in Scripture, he is soon impressed with the fact that most references to meditation are found in the Psalms. In Psalm one, we read concerning the righteous man. “But his delight is in the law of the Lord; and in his law doth he meditate day and night” (Psa. 1:2). Notice the various referenced found in Psalm 119.

I will meditate in thy precepts, and have respect unto thy ways (Psa. 119:15).

Princes also did sit and speak against me: but thy servant did meditate in thy statutes (Psa. 119:23).

My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes (Psa. 119:48).

Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts (Psa. 119:78).

O how love I thy law! it is my meditation all the day (Psa. 119:97).

I have more understanding than all my teachers: for thy testimonies are my meditation (Psa. 119:99).

Mine eyes prevent the night watches, that I might meditate in thy word (Psa. 119:148).

As we “meditate” on these passages we learn rapidly that we should be meditating upon the word of God. In this way we will inculcate the proper thoughts that will thus be transformed into the speech and actions.

With all of this in mind may we study our Bibles more and more and may we meditate on that which we learn in His Word.