

# Glad Tidings

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

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## Meditating on God’s Word – Barriers to Overcome

(Jerry Fite)

**H**ow many times a day do you think about things that have affected you? It might be an event you have just attended, but you play the highlights back anyway as you journey home. It might be a certain smell that connects your mind to a similar time occurring years ago, and you recall vividly the historical setting once again. You might remember an encouraging word that occurred five minutes ago, or even five years ago, with the same feeling.

Our mind is active all day long remembering, recalling and rehearsing the events of our lives. In other words, it is meditating daily on something. The word “meditate” simply means “rehearse.” When we are recalling events, smells or words we are rehearsing scenes and dialogue in our mind. It is not that we cannot or do not meditate, for we do it daily. The question is, will the meditation of our heart and its accompanying words “be acceptable” before God (Psalm 19:14)?

Since our mind is rehearsing things daily, we should make sure it recalls noble things. Pondering the revealed mind of God has no equal when it comes to noble and excellent things. So, why is it that

we think on, recall and rehearse many things, but often, the source of those thoughts is not in the Word of God?

Let us address some barriers possibly interfering with our meditating on God’s Word:

One difficulty may arise because we do not reverence or love God’s Word enough. *“I will lift up my hands also unto thy commandments, which I have loved; and I will meditate on thy statutes” (Psalm 119:48).* The reverential and loving attitude toward God’s commands will cause one to rehearse repeatedly the Lord’s demands. If one does not rejoice in godly “ways” as much as one would rejoice in temporal riches (Psalm 119: 14), and God’s precepts enjoining these ways, he or she will probably not be that interested in mediating on God’s revealed word. Those in love with God and His revealed mind will prayerfully say to Him, *“I will meditate on thy precepts, and have respect unto thy ways (Psalm 119:15).*

Another barrier may arise when we feel defeated by the evil

actions of others. Instead of thoughts of victory in the Lord, our heart gives up with “what’s the use!” We fail to remember the antidote: *“Princes also sat and talked against me; but thy servant did meditate on thy statutes” (Psalm 119:23).* While the princes are talking, you can be listening to God talking to you with wisdom as a loving father. *“When thou sleepest, it shall watch over thee; and when thou awake, it shall talk with them” (Proverbs 6:22).* Condemning words can drain us of strength but meditating on the Word can renew our strength in the Lord.

Since we will rehearse something in our mind today, the failure to meditate on God’s word may be merely a matter of not planning beforehand. *“Mine eyes anticipated the night watches, that I might meditate on thy word” (Psalms 119:148).* Is there a time in our day which is less active, allowing you to be more attentive to the Word? Plan for it! Anticipate the opportunity to do that which you love. Meditate on God’s word day and night (Psalm 1:2). A change of attitude, and a little planning may help you find those quiet moments for you to listen to God and rehearse what God has revealed to your receptive mind.