

# Meditating on Scripture Will Change Your Life

Don Ruhl • Savage Street, Grants Pass, Oregon • October 10, In the year of our Lord Christ, 2021

Scripture Reader and Reading: Jackson Meyer – Revelation 10.1–3

Song Leader and Song Suggestions: Billy Robinson – Songs on the Bible

## I. Where Do We Get Our Counsel for Living?

A. Meditating is eating the word of God.

### Revelation 10.1–3, 8–10

**1 I saw still another mighty angel coming down from heaven, clothed with a cloud. And a rainbow was on his head, his face was like the sun, and his feet like pillars of fire. 2 He had a little book open in his hand. And he set his right foot on the sea and his left foot on the land, 3 and cried with a loud voice, as when a lion roars. When he cried out, seven thunders uttered their voices.**

**8 Then the voice which I heard from heaven spoke to me again and said, “Go, take the little book which is open in the hand of the angel who stands on the sea and on the earth.” 9 So I went to the angel and said to him, “Give me the little book.” And he said to me, “Take and eat it; and it will make your stomach bitter, but it will be as sweet as honey in your mouth.” 10 Then I took the little book out of the angel’s hand and ate it, and it was as sweet as honey in my mouth. But when I had eaten it, my stomach became bitter.**

### Jeremiah 15.16

**16 Your words were found, and I ate them,  
And Your word was to me the joy and rejoicing of my heart;  
For I am called by Your name,  
O LORD God of hosts.**

B. Read Scripture

1. to know,
2. to be, and
3. to do.

**21 Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. 22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like**

**a man observing his natural face in a mirror; 24 for he observes himself, goes away, and immediately forgets what kind of man he was. 25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.**

**– James 1.21–25**

4. Meditating is baptizing

- a) your mind,
- b) your feelings,
- c) your works, and
- d) your life in the Scriptures.

(1) By doing so you acquire the mind, feelings, works, and life

(2) of the Holy Spirit.

## **II. The Necessity of Meditating**

A. Meditating is necessary to control our lives.

**23 Keep your heart with all diligence,  
For out of it spring the issues of life.**

**– Proverbs 4.23**

B. What is the difference between meditation and studying?

- 1. Study leads to knowledge, but meditation leads to “wow.”
- 2. Studying is digging for diamonds; meditating is finding flowers.
- 3. Meditating is getting lost in the Bible.
- 4. Meditating is like reading a letter from a loved one.
- 5. Meditation requires our whole lives, not just our intellectual powers.

## **III. The Holy Spirit Uses the Holy Scriptures to Form Us into Holy Saints**

A. Assimilate Scripture by understanding the nature of Scripture.

**9 And moreover, because the Preacher was wise, he still taught the people knowledge; yes, he pondered and sought out and set in order many proverbs. 10 The Preacher sought to find acceptable words; and what was written was upright—words of truth. 11 The words of the wise are like goads, and the words of scholars are like well-driven nails, given by one Shepherd.**

**– Ecclesiastes 12.9–11**

B. Assimilation is assisted by personalizing Scripture. E. g., Romans 6

#### **IV. Scripture Is Our Text**

A. God uses Scripture to form and develop our whole lives.

**18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.**

**– 2 Corinthians 3.18**

B. We have to believe that we need this help.

**23 O LORD, I know the way of man is not in himself;  
It is not in man who walks to direct his own steps.**

**– Jeremiah 10.23**

C. Slow down and enjoy the view in Scripture.

**18 Open my eyes, that I may see  
Wondrous things from Your law.**

**– Psalm 119.18**