

The power of meditation

Joshua 1.8 is pivotal to everything that follows in the book of Joshua. Joshua was asked to live in, to dwell in, and to keep his mind focused on, what he read in the book of the Torah (Genesis to Deuteronomy). As with our Saviour's Great Commission (Mt.28.20), he was assured of the promise of God's unfailing presence, but he was to "observe to do" all that the Word required of him.

The undoubted outcome would be that Joshua would prosper (ie. achieve what he had set out to do) and succeed in completing the task God had called Him to.

Can you imagine Joshua meditating at that time? Imagine his thoughts as he stood at the bank of the Jordan, his heart trembling with fear (we can surmise this from the number of times God's Word was directed at bringing courage to his heart), yet meditating on the Lord's words to Abraham (Gen.12), "Go...to a land that I will show you. I will make you a great nation; I will bless you and make your name great. And you shall be a blessing...and in you all the families of the earth shall be blessed." What an anchor! What a launching pad!

A commitment to meditation comes with a promise of good success in our own day because God's principles don't change.

How do we begin? The other morning I woke up and found myself thanking the Lord for the amazing body He had given me. King David did the same: "I will praise You, for I am fearfully and wonderfully made." Perhaps, it's a line from a worship song that pours over your soul again and again through the day like refreshing water from a heavenly spring.

Maybe, like the psalmist in Ps.19, it begins with His incredible creation and moves on to His healing, life-giving Word where, like Mary, we sit & ponder and treasure the words He has spoken into our life, returning to them again and again. There's nothing like taking a line of God's Word He has quickened to our heart, and viewing it from every possible angle as a jeweller would with a precious stone. Madam Guyon, a great saint of the 17th Century, said that reading quickly through her Bible was like "a bee skimming the surface of a flower, but praying the scriptures was like the bee penetrating into the depths of the flower to remove the deepest nectar."

"My sheep hear My voice" (John 10.4). We love to hear the voice of the people we love. We follow Jesus because we know His voice.

And as we listen, so often we will hear those words, "trust Me again."

Cross our Jordan, this massive river in full flood? **Trust Me.**

Or it might be we have a Naaman experience. Wash myself seven times in that dirty Jordan? Weren't You going to call me to something more in keeping with my station in life? ***Trust me.***

Walk around my mighty walled city seven times with my enemies looking down, mocking and scorning me, "you won't beat us. This habit/ addiction's here for life?"
Trust Me.

Joshua's way forward was trust and obedience – and nothing's changed.
What would happen, I wonder, if we were to store the word read in the last 24 hours in such a way that the Holy Spirit could draw on that word > confronted by a difficult moment at work, or in family life, we are pulled back by the gentle tug of the Holy Spirit to something we read only two, or perhaps twelve hours ago: "A soft answer turns away anger but a harsh word stirs up contention (or strife)." Proverbs 15.1

We have the Father's promised presence.

The Holy Spirit stands right alongside us, ready to help.

The encouragement of the book of Joshua to all of us is to live in the Book, then step out in trustful obedience to claim "new territory."

Praise God our time has come!

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