

April 16, 2023

Growth Requires Meditation

by Ken Weliever

Readers Digest once shared a story about the time Henry Ford hired an efficiency expert to evaluate his company. After a few weeks, the expert made his report, which was highly favorable except for one thing.

“It’s that man down the hall,” said the expert. “Every time I go by his office he’s just sitting there with his feet on his desk. He’s wasting your money.”

“That man,” replied Mr. Ford, “once had an idea that saved us millions of dollars. At the time, I believe his feet were planted right where they are now.”

Meditation is not only important in material matters but is necessary for spiritual growth.

The late Dee Bowman was right when he wrote, “Meditation is vital to spiritual growth.” Dee further opined, “In my opinion, mediation is fast becoming a lost art. Our thinking today is dominated by external observations, having little time for internal reflection. People don’t know what they’re missing who don’t take time to stop and think.”

Meditation involves contemplation. Introspection. Reflection. And deep thought. It means to ponder. Ruminant. And deliberate. Mediation requires some quiet time to think deeply about something at length. The 18th century British minister, William Grimshaw said meditation “is the soul’s chewing.”

The busyness of our lives is one of the main hindrances to meditation. In our hectic, fast-paced culture, we find ourselves with jam-packed schedules, demanding agendas, and never-ending task lists. We are constantly on the go. And it seems our technology, which is supposed to make life easier, has added to the endless bombardment of information. Now on our iPhones we constantly receive texts, check our email, and engage in posting on social media.

Our lives may often be described by the lyrics of a 1990’s hit song written by Roger Murrah and Randy VanWarmer and performed by Alabama.

I’m in a hurry to get things done

Oh I rush and rush until life’s no fun

All I really gotta do is live and die

But I’m in a hurry and don’t know why.

The Psalmist often speaks of spending time in meditation, contemplating spiritual ideas, pondering the majesty of God, and reflecting on the counsel of His Word. Consider a few of these admonitions.

Meditate within your heart on your bed, and be still (Ps. 4:4)

I will ponder all your work, and meditate on your mighty deeds. (Ps 77:12)

I will meditate on Your precepts, And contemplate Your ways. (Ps 119:15)

Welcome!

When you visit our assemblies, you will be received friendly, kindly and courteously. We believe this to be the natural attitude of those who truly love God and mankind. Though you may at first be among strangers, we hope that you will come to know us well and count us as your friends.

We offer Bible studies as well as correspondence courses for those interested in learning more about what God expects of us.

Important Dates

Gospel Meeting - Live Oak church of Christ, Kerrville, - April 21-23

If you know of upcoming events, please inform Darrell so they can be included here.

My eyes are awake before the watches of the night, that I may meditate on your promise. (Ps 119:148)

I will meditate on the glorious splendor of Your majesty, And on Your wondrous works. (Ps 145:5).

Regarding his divinely revealed exhortations to Timothy the apostle Paul commanded him to “meditate on these things; give yourself entirely to them (1 Tim. 4:15). The NASU renders this verse. “Take pains with these things; be absorbed in them, so that your progress will be evident to all.”

Paul’s instruction involves much more than a causal perusal, or just reading them once. It calls for deep thought, self-examination, and practical application. While daily Bible reading is a wonderful habit, we need to expand our practice to reflect on what we read. What can I learn from it? How does it apply to my life? What changes do I need to make?

In a world with a 24 hour cable news cycle where we’re bombarded with negative news, disturbing information, and images that conjure up improper thoughts and evil desires, we need to apply the apostle’s challenge in Philippians 4:8-9

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things.”

Right thinking and righteous living will be the result of spiritual meditation based on God’s Word.

One unknown author expressed it this way. “Meditation is the activity of holy thought, consciously performed in the presence of God, under the eye of God, by the help of God, as a means of communion with God.”

Start sowing seeds for your spiritual growth today through regular and focused meditation.

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Prayer Requests

Jack Wilson is still struggling with pain and limited mobility and hopes to soon have a test procedure to gauge the viability of a treatment for the pain.

Jerry Richardson is still undergoing treatments to strengthen his immune system.

Dinah Williams continues to have mobility issues.

Don Simmons is still struggling with his breathing; he is on oxygen at all times. **Alene** is having hip issues.

Randall Vanaman is having difficulties with his feet and has a procedure scheduled for April 21.

Doug Adair is preparing to have surgery on his back (waiting for it to be rescheduled)

Lisa Mullen (Darrell’s sister) is under treatment for cervical cancer that has spread.

Lynden’s brother, Billy, is recovering from surgery. Lynden and Elaine have gone to visit him.

If you know of someone that needs to be on this list, please tell Darrell (email preferred) and provide updates so names stay on the list as long as needed.

“praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,”
(Ephesians 6:18 ESV)

The Oaks West church of Christ is a group of individual Christians who have been added to the Lord’s body through baptism (Acts 2:38, 47; Gal 3:26, 27), and have joined themselves together (Acts 2:42ff) in an effort to do the Lord’s will.

We are not a part of any larger organization - we do not follow any man-made creeds and we do not answer to anyone other than the Lord.

Our standard of faith and practice is the Word of God. We believe in the God of revelation (Eph 3:1-7; 2 Tim 3:16-17) and follow his instructions in an effort to have an ongoing relationship with him (1 John 4:7-11; 5:3).

Our times of study and worship are open to all, and our members are happy to meet with interested individuals or families for study.

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