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We're in chapter 5 of god's battle plan for the mind. And like mr. Phil says, this is It's a short chapter, it's about 10 feet, wide and 100 miles, deep.

So, It should go pretty fast, but i think as we think about this during the week and meditate on this, More and more will. Come to mind. Deliberate meditation. That's what this chapter is about. In the puritans thought that the liberate meditation was more important than the occasional meditation that we had learned about before.

Um, They also thought that starting your day. Deliberately meditating deliberately thinking on god's truth. Uh, made it easier and more rewarding. Uh, to think when god's word throughout the day. Um, there's a bunch of In the book, you see, there's there's a lot of people that are being they're being quoted.

A lot of them or 1600, 1700. Um, pastors clergy men theologians Um, so This is where a lot of this, this material is coming from. George swinic. He's a 1600s English non-conformist. Clergymen and a writer, he said this to compare the occasional meditation to deliberate meditation and he quotes, Occasional meditations are like loving strangers.

They afforded us. A visit But are quickly gone. Deliberate meditations or as inhabitants that dwell with us and our longer helpful to us. So, the Occasional meditations, it's just something that Completely quite see the quote again. Um, Occasional meditations are like loving strangers. They afford us, a visit, but are quickly gone.

Deliberate. Meditations are as inhabitants that dwell with us. In our longer helpful to us. Am i getting across all this thing? Okay. Um, so let's go over the the definition and use of deliberate meditations, as we said before. This is planned. It is a deliberate. Decided on. In a range foreign advanced.

Something, this is not something that we just jump into and do this is something we think about And it's also done as specific set times. And reading through the book, that seems that it's better in the morning. Um, But it should also be in the same time each day.

And, Um, the puritans kind of Come up, they came up with four subjects that are the better things to do. Um, to think upon and deliberate meditation and one is sermons that you've heard. Another thing is god's providence in your life. The third is practical truths of religion. And Um, Fourth is a scripture.

So we all pretty much know what sermons are. Um, what, what could be? Built on deliberately meditated on about god's providence. What could be an example there? Who's going to an example for that?

Mr. Honey. I didn't really chose it evicted. Put my hand up this time because And as much as you know, from hoping it our Sunday this week, And generally speaking, when you think about, Providence in the way, God brings him to pass. You think about all the things that are

happening and you don't really look past the invest itself and for my wife and I when Jason died we had to come to terms with the bed that this is a matter of God's problems.

And so we were looking for the hand of god upon what was happening. And there were a number of events that took place around his death, that we feel showed quite clearly. That God had his hand on what was going on because my pagan daughter, the spoon, um, was driven to think through where she was hitting and her Methodist per methodist.

Daughter was comforting her mother. Um, The. Brother. My wife's brother broke down in tears. And he was made to do some kind of thinking as well. So, What i'm saying is that when we think about God's province on the events that happen around about us, And meditate upon them is really impressive, looking for his hand and saying, one is god doing through this and If we get the gist of what i was doing through it, then it helps us in our prayers.

It helps us in our Bible study because we can see how scripture reinforces us since and so on. Did you have something? Well. I'll keep this tree. Considering how these amazing words. I think on god's. Um, If expectation to his people to remember, Remember how he's provided for them.

Look back and see what i've done and times of hardship. Sometimes it struggle in times of even joy, to always remember if it's business, Um, that's what i think of when people versus problems. God always human, the way. What he says he will do on historic is Chinese. And looking back, we often can see

Of his plans are The best right, right? It's hard. Sometimes in the moment which is life, but when they said, is so encouraging to me, Because that is a Moment. I just wanted to commend pastoral's leather. To all of you. If you have not read it, you're just an excellent example of meditation general, especially if you have little children.

Um, it was just excellent, so you haven't read it. If you've got it, we do it again. I would say when you're looking at god's providence, Like we said earlier, in the earlier chapters that even that providence, it's got to be Um, backed up with god's word, a lot of times we can in our Our sinful minds and hearts take god's providence the wrong way.

And think you know think god is taking us down this road that if we were thinking of god's word, we would know that this is not god's providence. This is just, this is us thinking something through We also spoke of practical. Troops are religion. Um, what are some things about that that we might?

Use as examples. Can you repeat that again? Uh, we're talking about the, the four subjects that the puritan said that, we're a good things to be deliberately meditate on. And that was sermons providence, practical, practical truths of religion, and scripture. Practical truths of religion. Okay. Well, this sort of funny story, but Yeah, 35 years ago.

They're about. When i was a lot. Less tolerant of things. Uh, I remember listening. On the radio one day. And this is how i actually even Presbyterian Church through God province. Has listened to the radio one day and there was a minister on the local radio station talking about the immorality of the federal income tax.

Which for reading my bible. I said this is wrong. And, I was so taken back by that, but i said we're going to go to that church and that happens to be a PCA church. And, All she's up. Christian. Practical christians is what came to mind when i was reading through.

It was Creedence confessions and cabbagesms. Yes, it's a way of Meditating. Shoes from the bible. Yep, that's a good one. I hadn't thought about that but that's a good one. Thank you. Just, and especially that. Because they're abundantly practical. God's laws. Um, Yes, abundantly What we should meditate on them day and night and the larger catechism in particularly For those that haven't gone through the largest catechism.

It's uh, Very wide and very deep and wonderful in. Exploring god's truth and so, Another quote from swimmic and i'm going to paraphrase it here. Um solemn meditation is serious application of the mind to some sacred subject until the affections are increased in a lively. And we are decidedly and firmly against evil.

And for all that, which is good. So, some of the key features here of deliberate meditation is it's a planned action. We purposely will separate ourselves from others to fully focus on. The subject of meditation. And thomas hooker. A late 1500s and early 1600s puritan minister and writer can paired.

The deliberate meditation. To instead of a a quick snack. That we sit at our meal on purpose until we have it all in front of us. And we have had our fill of it. So we must not take a glimpse at the truth, but we must take it as a meal of musing.

So, deliberate meditation is foundational. To a godly person's thinking and their christian practice. Now, the puritans Uh, kind of split the Deliberate meditation up until two kind of Portions or are applications and that's direct and reflexive meditation. Um, Direct meditation is used to gain a better understanding of a topic.

Or a portion of god's word. And reflexive is is used to convict the heart about the application of that new understanding. The first is to enlighten the mind with the knowledge and the second of it is to fill the heart with goodness. Joshua one verse 8 says or it demonstrates direct meditation quote, this book of the law shall not the part from your mouth.

But you shall meditate it. You shall meditate in it a day and night that you may observe and do according to all that is written in it for. Then you will make your way prosperous, and then you will have good success. So, this verse tells of a mind that is completely focused on on God's word and truths.

And this focus on god's truths. Will have a direct impact on the believer's path. Proverbs 6:22. Uh, excuse me, 20 to 22 says my son, keep your father's command and do not forsake. The law of your mother, bind them continually upon your heart. Tie them around your neck. When you roam, they will lead you when you sleep.

They will keep you when you awake, they will speak with you. In proverbs 3, verses 5 and 6 trust in the lord, with all your heart, and do not lean on your own understanding, and all your ways acknowledge him, and he will make your path straight. So we can see through this all here.

That once we get the good, Information that that nugget of truth out of god's word, then we can turn around. And then think about the application of this. And that's where the reflects of meditation comes into. Um, The author in the book, says that most believers are pretty good at studying the bible and pulling out the troops from that, but they most are not really skilled.

I putting those Those truths learned into practice. So, reflexive meditation helps us by asking what have i personally done? We have this truth that i have learned. Um, The fruit of the study of god's word is not the hoard at all up. But to practice it, right? So we could know all of the truths of god's word, but if we don't make application to in our lives, Music doing this.

Any good? Um, James Usher, who is a Westminster divine. Encourage believers to consider how the heart was towards God. What the heart was bent toward. The danger of evil thoughts. How one uses words? And one's actions are deeds. And this is the part where, What we were saying that this is you know only 10 feet wide but 100 miles, deep.

Um, this goes We know our hearts, are you? Basically evil. Um, and without God's spirit, indwelling we we are that Um, But we still need to be thinking about those things. Once we have God's truth learned, we need to then take make application to give that and learn from that.

Um, There's a good quote in the book here.

Richard Greenham. He says, we are called We are to call ourselves to account before God's judgment seat. For that, which we have heard. And to deal with our hearts and good earnings for the doing or not doing the thing we have learned. And without hypocrisy, To lay our hearts naked before.

God. Accusing ourselves, when we come short of anything? Praying. Also, for grace, therein confessing our sin. That we have been rebuked of, and craving forgiveness.

So taking that we'll How read to you from the book here that this is is pretty good idea. An idea, but this is this very good in trying to Take what we've learned here and put this into application. And this is some of the this comes from a sermon from William Thinner.

And this is about the use and benefit of meditation. Um and essentially it was a message about reflexive. Meditation. He explained how to follow meditation on home to the heart. He had four helpful points. He advised one to weigh in ponder, all these things in thy heart. He encouraged the believer.

To two strips in. Look at it, start naked. Sin covers and disguises itself with pleasure profit, ease and many, a whorish garment, and so entice. This the hearer And then you admonished to dive into thine, own heart and soul. There is a tough bron over thy heart that it's not.

It feels not, it sins. And finally phenerkins counseled to anticipate and prevent thine own heart, meditate on what thy heart will one day wish. If it not be humbled, So, let's go over that and a little bit. Um, Uh modern terms. So we are to think about all these things we are to weigh into ponder.

What we have learned in our heart and that's that's reflexive meditation. Um, we are to strip our sin bear. And look upon it. And really, If we do that that is kind of scary if you if you think about that. And, We are also to dive deeply into our own soul and our own heart.

Again thinking about where our heart is going, and what is our heart responding to the word. That we have just learned. And also to, Anticipate. Where our hearts going to go, you know, we knowing that we are sinful. Um, our heart is is Typically wanting to twist God's word to fit our situation, not our situation.

But our once, our desires, Our sinful desires. And, Then finally to think about that, you know, if we don't change our ways, if we don't follow what God is saying, what's going to happen? Um, And, That is a is a very painful thing, but that's something that we really, really need to do.

Um, like we said earlier meditation is is not well well, i don't know if it's well thought of but it's not, it's not widely done here. Um, and at least in America, i don't know of any other Europe,

maybe i don't know, but i do know that it's not done here and this is probably one of the one of the problems is because It's hard.

We have to have time to do it. We have to have a desire to do it and once we get down and doing it, when we are doing it, we're seeing things that we're probably not going to like And that's something that we have to, we have to continue doing that.

Um,

So, Let me ask our question, you know. If? Reflexive meditation is, is not so popular. Why? Why do you think That is not so popular. Do you have to face the truth? That's often quickly.

Safe. I would say those things sort of like because we have to deal with the truth but the other thing is i've been thinking to All morning about our children's question today. You know why do you need crisis of profit since because i'm ignorant? And modern evangelical reason. Teaches us that we're really not that bad.

We just need a little tweaking of whatever. So i think one reason why we don't meditate more is because we don't really think we're, you know, That bad. And And i think we're, The problem is, we're ignorant is in fact, we're ignorant. Mr. Phil It may be the non-reflexive meditation.

And so overcome by the culture as opposed to God's word and directly Yeah, we're not taking that the truth that of god's word, we're really kind of reflexive meditating on our own thoughts in our own desires and our lungs. Okay. So i think you put your finger on it when you said that.

Um, Study or thinking about a sin makes us uncomfortable. Um, One of the things that happened when you step to meditate on the fact that you are a sinner. As you begin to discover that what you thought was bad before isn't a half of the story. And the further you grow in your understanding of the bible, and then you understanding of holiness, the worst, any sin that you've got left looks.

And so, in reality, we really don't want to do this, because if you do this it's just makes you feel worse and worse and worse. The problem is that it was don't do that. Then why do we feel the need to come to christ? It's, it's one of those things that we, we have to meditate this way.

We have to understand our sin. We have to see why we're failing in our sins before we come to Christ and say, lord, help me because i can't do this myself. And you really understand that you can't do this yourself through reflectiveness meditation. So it's uncomfortable but necessary. Yes, very necessary.

Pastor. And, One of the reasons, reflective meditation. This is popular, is because The churches are able to run converted people.

For believer, you actually find two sets of things. In your heart. If you do find that remaining sin, Reflecting upon it before. The lord, and four scripture makes it all the more horrible. So, as you identify the, The sin that is left in your heart and it's desires and actions.

And then you engage in mortal combat with it. Starve it. And you beat it, it Someone who is struggling with a sin and yet, repeatedly feeds it.

If there are Yeah, if you have problems with something, Eating your chickens. And then you, Leave all sorts of things that attract the things that eats the chickens. You get more of what you encourage. Um, But for the believer, there's also Now, the tights for twice and we've done This is something that in, The scope of the book of Philippians.

The reflexive meditation. That recognizes what the lord does with God. Is one of the keys. To making progress in the christian life. Many of us have memorized. Later in chapter 2. Um, Work out your own salvation, with fear of everything. Saw, the work that ended up in order. But we're chapter 2 begins, is If there is any consolation in Christ, If any comfort of love.

If any affection. Mercy. And so, he's actually encouraging a reflexive meditation. That. Isn't discouraged by the smallest. Of the constellation in Christ comfort of love fellowship and spirit, affection, mercy, but is encouraged by the presence of it at all. Because the only way it gotten not in our hearts, Is by the spirit and someone a believer.

Engages in reflective meditation. Yes, he finds the enemy that you wants to kill. Everybody also find the work of grace to God. And many of us suffer stagnation in our spiritual life. Because we're not recognizing what the Lord has been done. We're not dwelling upon it. And it's out of that, of course, that that he referred his last name is the same mind.

That is in christ, jesus. And, It's reinforced in chapter 4. Uber. Many of you have memorize this, i'm sure. Finally, brethren whatever things are true, whatever things are noble. Whatever things are cost, whatever things are pure, and things are lovely. Whatever things are, good report, if there's any relation, there's anything.

Uh, praiseworthy meditate on these things. So in the believer engages and reflexive meditation, And using these engagement. Intellectually. Yeah, identifying. As a matter of fact, What the lord has done in him, identifying these matter. How bad the sin is that remains in him. And what's in? Specifics is there.

Then then affectionately. Yeah, we talked about hating the sin, which you shouldn't stir up those effects from your sin but also stir up your infections towards the ward. And towards what the lord has done. We're so forgetful. Of who he is, what he's done for us, but he's done for us within us by his spirit.

And that encouragement is also something that the the warmth of the love for his god, that's what actually produces immediables. You know, it's not, if you hate sin, you will obey my commandments. I mean that's true. But that's not the engine. That drives the heat. If you love me.

And then one thing about resolutions, Make your resolutions particular. Not just, i'm gonna do this less. But right, you know whatever descendants or i'm going to do this more, whatever the righteousness is, Spend the time to. Think about What it is. You know, one of the circumstances in which you are committing that to order what are the hindrances in, which you're not doing that and nature resolutions specific to, you know, removing those entrances.

Make make your Make a resolutions specific enough to be followed. You know, i want to do better or i will do better. Admiral. But It's not really a directive that you can follow. It's not something you can come back the next day before the board. And measure. Um, But i'm going to stay away from this situation.

When people say this, i will think this and do that. Many of you come back and reflect on this particular situation and as particular resolutions, which were made before, god is an application in this word and you're interacting with the Lord over the specifics of your lifetime. So, That's hard work.

But the mark work part is not bigger difficulty. The lord is real. Grace is real. Sometimes. People trying to do. Yeah, they hear things like that. They try to do it. They find that there is not For constantly. For joy. The brakes on. It says what you discover in your heart.

You know who gives it. And if you cry out there, You may find out that he has just converted you after you thought you were a Christian for 20 years because the church led to believe it.

Um, i think one of the reasons why reflexive meditation is not popular is because we Westerners do everything through a marxist lens without realizing it. And so while i agree with Dave said that often, Gospel is not. Harsh enough to convict christians. I've seen a lot of evangelicals who actually dwell on their sin.

So much because being oppressed is, Put you at the top of the pyramid in the marxist ideology. And it's a perversion of the gospel. That those who suffer. Should should stay there. And only suffer in their sin and wallow in their sin, and it's directed. It's directed inwardly at the sinner and not outward at christ.

And so, That is an encouragement from culture. Whether it comes to identity politics or it's all around us all the time and to be stuck in their sin is actually to have a high standing and In the culture can be a victim of anxiety to be a victim of what your parents did to you.

All of these things give you bonus points in the world and i think that christians can get stuck thinking the exact same way. Now, that's I think that goes back to the, the non-biblical meditations. But you know what you're saying is is true. Um, but Is it prevents people from actually watching too much productive and their meditation?

Stop before it actually came to become. Productive. Well, it's part of of god's blessing. And mercy, in the whole idea of meditation of what pastor said is, is we do have the spirit in us. And so, as we are looking at, looking at our sin, we're also seeing what God is doing for us.

Because if there, if there was no Spirit and dwelling us and there wasn't any god lifting us out of this. They're There would be no reason to do it. Because it would just be a a terrible place to be and in humans would not want to either but we have god who's lifting us out of this.

And we have the indwelling of the holy spirit as going to make this Beneficial. Okay. What, what David is saying is something that I identified when in our kind of high school over 20th group. There were a few very few compared to these years with enormous, but there are a few of us.

They started to kind of think calvinistically. And we're introduced a tulip. Um, But the functional experience that it was, yeah. Yes, we just Because the Yeah, the more you wallet, the more apparently tell the mistake you work. Yes. Yes, but it's not. It's primarily. You got to start with you, you have to pronounce the rest of the world, right?

Right. It's kind of like in the in the midweek sermons recently. How we have been seeing. Such a huge emphasis on the ridges of mercy. And, That should be the primary response. To reform centuriology is to See it overwhelmed. By the riches of the mercy. And yes, that helps me see that it's all words.

This is not the overwhelmed by the richness. But that's not functionally what you? See, in the way a lot of supposedly Calvinistic people. Talk and live. And they think you can feel And don't you want to dwell upon Christ more than you develop on yourself? What you think that?

The living out of that. Confidence. And Soy and gratitude is a better plan for whatever it is. You want to do than Yeah, it continual. Ball of anxious misery over how bad the flesh that is in you still does. Yeah, you force the function pad that's like the definition of it.

Um, and it's there. But you know, turn the page, get out of running seven. You know, get into rummins eight. Yeah, people think. Yeah, they dwell in self-condemnation and no separation from the thin that still remains. Well. Instead of soft condemnation, there's no condemnation in Christ Jesus. Instead of those separation from the two remains, which isn't true.

Because you're being progressively sanctified in one day will be liberated entirely from its presence and there's separation that's in there for me. Those separations from the love of god, that is in christ jesus. And oh no, go a little more. Don't live. According to that question anymore. Must be 11 from the spirit of god called on your Allah embrace your union with jesus.

We're good, you are going to encourage them. And put the net, that means of the body. You know, that's that's how you do value Christians. Should be happy warriors All right, i think

That was pretty much what i had here. That was my my 10 feet wide portion. Uh, that 100 miles deep is something that we're going to have to. Um, each one of us is going to have to Get into that. And so, Um, I would like to recommend and and to urge and encourage all of us.

To be doing this during the week. Um, if at all possible do this first thing in the morning, Um, Tomato. Focus on on god's truths and then think through it. And not only see where our hearts and And in minds are in that and in our sin but also be thinking about what is god using.

Um, to lift us out of that into Make us more and more like our savior. If y'all have any questions. Um, we have to Move on to to worship here shortly. But you know, come talk to me if you want some some help and and doing this, um, i'd be glad to help you.

Um but i really would encourage you all to try to do that this week and then we can talk more about it next week. So let's uh, Let's bow and our heads and

Gracious. Lord. Truly, you are merciful. And, Truthful. And you do love us. So, you have given us. Not only ways to to see the darkness in us, but also to, to see the light that is your spirit that isn't dwelling in us. Help us lord to Desire. You more than ourselves desire?

Your truths more than Um, man's lies. And as we depart from here to lord, we pray that you would Help us to focus our minds on your worship. Uh, we thank you lord that you have given us. The honor and the privilege of worshipping. Our god and our savior.

Lord may. Our worship here, be pleasing to you. And that your your children here be led and and be taught. We thank you, lord. We pray in christ's name, amen.