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First Peter 5 verse 8.

The sober be vigilant because your adversary the devil walks about like a roaring lion seeking whom he may devour. Now, we know that say Satan is crafty. Um, what is uh, Genesis tell us about Satan. He's the most crafty creature. Satan will attack us at our most vital defenses.

Satan will attack us, he'll attack those habits that are most useful to our souls. Those habits will be attacked the worst and the hardest. Satan's plan is to attack our foundations. The habits approves that provide the most use. For those wanting to better walk with God. And it's interesting.

What is the the title of this book? God's battle plan for the mind. We are in battle. And we need, God's plan. Meditation is essential for the believer. And since we know that Satan is attacking Us in this, this aspect Um that helps us second Corinthians 2 verse 11, lest Satan should take advantage of us for.

We are not ignorant of his devices. So, just knowing that he is attacking us in meditation. Or he's attacking meditation to keep us from doing it, that should help us. Now, this chapter is going to look at some common excuses. That people make up for not meditating. And it points out the impediments.

Um, To us meditating on God's word. Um, some of these uh excuses is it too difficult. I'm through practical minded to be gifted for meditation. I'm just too busy with responsibilities. Clouded mines and wandering thoughts. Feelings of guilt and discomfort and living for passing Pleasures. Now, let's just jump into this.

It is due too difficult. All right, we have to be honest with ourselves and I'm first and also, I'm preaching to myself here. Um, But really, we have to fight against the laziness of the flesh. Um, Proverbs chapter 6, verse 16. Proverbs 6 verses 9 through 11 How long will you Slumber or sluggard?

When were you rise from your sleep? A little sleep, a little Slumber, a little folding of the hands to sleep. So shall your poverty come upon? You like a Prowler and your need Like an armed, man. We all have priorities in our lives. And we really need to be aware of where our priorities lie.

Some things require. A lot of our time. Um, if you read the book it showed that, you know, everybody has pretty much about the same amount of time. Um,

And then, even though in in North America, we probably have more time more free time than many other cultures. Um so we really have to be saying is that really true that we don't have I'm sorry, I'm getting Beyond myself here. Um, too difficult. Um, But we all can do difficult things.

Um, Should we obey God even when we're not feeling like it? We need to be keeping things. Keep the end of all things. In, in sight here, what is the end of all the stuff that we're doing? What is the end of all that? Glorifying God. Right. And he's also he's making us ready to join him in his glory, right?

The end of all, this is complete sanctification and final glorification. Now. What is more important than that? What is Um, It wouldn't be worthwhile to be doing the hard things to get to that point there. We can really cannot put away or put off meditating in God's word because this is the this is God's primary way.

Of providing spiritual food for us. Is not the kingdom of God worth some hard work. Matthew 13, verse 44-46. Again, the Kingdom of Heaven is like treasure hidden in a field, which a man found and hid and for Joy, over it, he goes and sells all that he has and buys that field again.

The Kingdom of Heaven is like a merchant seeking beautiful pearls who when he had found one pearl of great price went and sold all that he had and bought it. About that. And these two examples here that the person who found something you know, a great treasure went sold everything that he had so he could go and purchase that thing that is most prized by him.

So, The difficulty or the difficultness of this really shouldn't be. Uh be a a good impediment. That should not really stop us from doing what we we know. We need to be doing And if you think about that and talk to some people who have been meditating on God's word, that difficulty is really only at the beginning.

Um, once you get past that beginning, once you get past that that initial difficulty, um, But biblical meditation can be found to be invaluable to the life of the believer. And in the book, there was a quote, from Thomas Manton that sums, it all pretty up pretty well. It is better to take canes than to suffer pains.

And to be bound with cords of Duty, rather than with chains of Darkness. A second. Um common excuse for not meditating is too practical minded to be gifted for meditation. Now, we know. That there are many gifts. Right. And everybody has gifts. We've all been gifted by our Lord and Savior, our God our creator.

Not everybody has the same gifts. Um, Something that you have to be a pastor or a Bible teacher, or an elder to be able to meditate on God's word and that's really not true. God wants all his people to be confident in his word. And so meditation is something that we're all told to do.

Um, Some practical minded. People say that they don't have the proper temperament to meditate that they're not serious or thoughtful by Nature. Um, but as we learned in the beginning of this book, which would you learn? Everyone meditates on something. Right.

We hear music and and we that thing is that song is going on and on in our minds all day long, Um, we we meditate on when we think on on Sports and all kinds of other things, So I'll get that really doesn't. Um, Make it. Has anybody heard the the phrase and and the uh law enforcement in the courts?

It says ignorance is no ignorance that the law is no excuse. So, Similar here, unfitness, cannot exempt us from this moral duty. God has called us all to meditate on his word. Maintenance has another quote, on, on this one, too. And he says, though there be a diversity of gifts, We are all bound by the same duties.

And though, we'd be better fit for some than rather than others yet, none must be neglected in their order, in course, Some people say that they're just too busy with the responsibilities. And the author does go into some link to show that every person. And the world has about the same amount of time to pursue things that are important to themselves.

And modern Americans, like I said, have more free time than most other cultures. Uh, and around around the globe here. But again. People will accomplish. What is the most important to them? And we have to prioritize. What is most important to us? What's the chief end of man?

I didn't hear you. Yes, very good. And what is the goal of our sanctification?

Again, to be with God to know him fully And I'm not preaching to, I'm very I'm more preaching to myself here than than anybody else. Um, but there's there's lots of time that that we can we can meditate on God's word. They're they're Sabbath evenings. We can we can take a little time just to to meditate on that.

Did you want to say something Dave? Going to say, if you look at the prayer, it's like the minister of meditation, you know? I was reading this morning about On Stonewall Jack's battle. And they said that he, he prayed like one Breeze. Just like breathing, he was praying all the time that he had been waiting and I think meditation should have some similarities with everyone else.

You know, we might have to rearrange a day a little bit. Um, we may have to go to bed at half an hour early. Um whatever that we're doing at that time, you know, forego that Go to bed a little bit, half an hour early, wake up a half hour early, spend that time in God's word, you know, we all should be reading, God's word, daily.

And just rearrange your day a little bit. So we have a little bit more time to To meditate on God's word. There's, And yeah, we have a lot going on and and I know that We have lots of kids to be dealing with and some people have more kids on the way, but still Can I speak to that?

What she just said? Real fast because this has been my experience anytime I plan where I'm like, okay, I'm gonna go to bed earlier so I get up earlier so I can have that time with the Lord before my children, wake up or whatever. Inevitably Satan wakes my children up earlier than usual.

But I have found that if I'm just consistent, then the Lord honors that and they start to sleep again and then I have that time of the morning. So don't let that discourage you because it will almost suddenly happen. Um but just can't just keep going. Thank you. Yes, that's true.

Um, Well, there's a quote in front of the book, I forget who wrote this, but it says, although we live and function in the world, we must carefully. Protect our hearts from excessive unhealthy attraction to the world. The expense of a relationship with Christ. You know, there are so many things we do in this world.

Just, So many things in this world that we do that really aren't Helping us live. Um, But they are taking us away from a proper relationship with Christ. Another excuse is a clouded mine and wandering thoughts and that's that's always somebody's excuse on it. That that is something that happens a lot.

Um, The word sober. Comes up 12 times in the King James version of the Bible, in 11 times in the new King James version of Revival. And in our study, I've gotten this word. We really need

to be sober minded. We need to discipline our mind. What did uh Paul sell the Timothy in first Timothy 4.

He says, he counsels. Timothy to exercise yourself toward godliness. Now, many of the church and practitioners of biblical meditation considered a wandering and undisciplined mind Um, Is being a more of a moral problem. And it's imperative that any believer be able to exercise control over their thoughts. To get anything out of God's word.

Um,

Sometimes that that clouded mind and wandering, thoughts can be running away. Uh, from something running away from God, running away from God's word, winning running away about being Serious about God's word. And this kind of feeds into the next. Reason his feelings of guilt and discomfort. Um, and this is really Interesting.

I I don't think I ever understood Proverbs 28 verse 1 until just when I was doing this, this reading here. Proverbs 28 verse 1. The wicked flee when no one pursues but the righteous are bold as a lion. Consequence of a guilty, conscious is fleeing. Or avoiding the quietness required for Bible, reading, meditation and prayer.

The wicked one, flees when no one pursues. I never really understood what that meant. But that basically says that, We're just running away from nothing. Meditation on God's word meditating like God's truths will oftentimes ring us face to face with our own sin. And that's not a happy place to be.

It's a place where most of us would like to avoid at all costs. And if a sin is unrepented of, we will fill our senses with all kinds of noise to drown out our conscience. And if our minds were cluttered, we can't get into that quiet closet, that is necessary to meditate on God's truths, So, what do we do about that?

And I thought about that but I I could not write that. Then explain that better than what the author does in his book here. So I'm just going to read that directly from the book. How does one Escape this guilty fear of being alone to the one's conscience? First, a Believer must openly acknowledge his sin before the Lord.

Because no one can outrun the conscience. One should instead flee immediately to Christ. The believer must follow, David's example. Quote, I acknowledge my sin unto thee and mine iniquity. I have not hid. I said, I will confess my transgressions unto the Lord and thou forgave us the guilt of my sin.

Psalms 32 5. Secondly after the believer has acknowledged his sin through heart repentance. He must look to Christ for forgiveness and cleansing through Christ's blood. The believer must trust that in Christ's sins are forgiven. As far as the East is from the West. So far hath, he removed our transgressions from us, Psalms 103, 12.

One must have the faith that the blood of Jesus Christ. His son cleans us from all sin. First John 1 7. When guilty feelings and condemning thoughts remain, the Christian must reason with them. Yes, I have sinned and broken God's law. Yes, I know the guilt of my sins but by Grace, my sin has all been covered and taken away in Christ.

Refuse to avoid. Fightness and meditation because of lingering feelings of guilt. Rather stand firm upon the promise of God. There's therefore now no condemnation to those which are in Christ Jesus. Rather than surrendering to feelings of unworthiness, the believer must recall.

That he is one who comes unto God by him, not through the merits of his own performance, What price has done for us far outweighs our sin.

But we still need to. Following Christ. And doing what the same with be obedient to him. Um, the last one is living for passing Pleasures. In the practice of biblical meditation is often hindered because the person is fully content. With the passing pleasures of this world. And let's think about that.

Is that really a value? Um, How long do we live on this Earth? The Bible says, maybe a hundred years. Um, How long we'll be with Christ in eternity? Eternally. Yeah, then so is, is there really? A difference in value here. There is a big difference in value. Um, Passing versus Eternal.

Just think about the words there. Now, getting back to the, the feast and analogy that we read about in the beginning of the book, Um, The quote there is is when a person feeds his heart with unhealthy food of the world, he no longer has an appetite for the hearty spiritual feast enjoyed by meditation.

This really? Being content with the passing pleasures of the world, more than the things of God that's idolatry. Right. And so, how do we deal with this idolatry? Again, we must admit honestly. Um, that we The fleeting pleasures of this world above God's treats. And we need to look to Christ for forgiveness and cleansing for his blood.

We must separate ourselves from whatever activities, our Pursuits that have been responsible for replacing our hearts devotion to Christ. And we must recognize the value of of loving and putting Christ first and being loved by him. Philippians 3, 13 and 14. For getting those things that you're behind and reaching forward to those things which are ahead.

I pressed I pressed forward. The goal for the prize of the upward call of God in Christ Jesus. Now, that is That's something. We should probably read and then meditate on. Um, there's so much more Um, waiting for us in, in God's kingdom than we have here on this Earth.

I'm gonna close here. Um, with one quote from bait bait. Remember this, the sweetness of religion is in terrible, incomparably. More than all the pleasures of sense. If a Christian would but experience this duty of meditation and observe what a rich income, both of Grace and joy, it produces in the soul.

I should need no argument to press it upon him. Let's pray. Almighty God. Your gifts are. Far more valuable than anything we could find on this Earth. Your trues are invaluable. Your work in our lives is awesome. Help us lower. Put you first. Put your truths first. Help us Lord, when we Um, Stumble.

And find this world more. Interesting and more valuable than you and your troops. Help us Lord to, to know you. To learn more about you to desire, you And as we get ready to, Uh, worship you together. Here we pray. Lord that you would help us. Prepare our hearts and our minds to worship you rightly, and to receive your word to be taught to be edified.

To love you more than ourselves. First in Christ's name we pray. Amen.