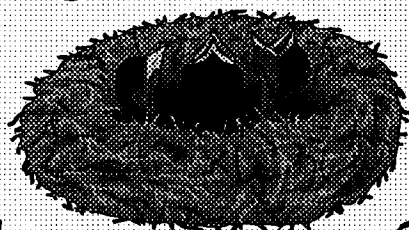
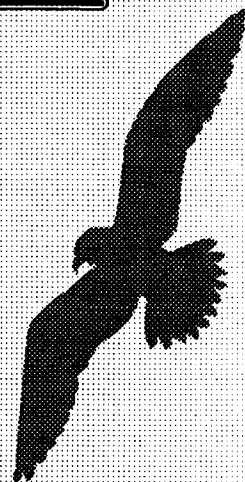


*"They shall
mount up...*

ON EAGLES' WINGS

*... with wings
as eagles."
Isaiah 40:31*



AERY NUGGETS

**"My meditation of Him shall be sweet: I will
be glad in the LORD." Psalm 104:34.**

Take Time To Be Holy

*Take time to be holy,
Speak oft with thy Lord;
Abide in Him always,
And feed on His Word.
Make friends of God's children;
Help those who are weak;
Forgetting in nothing
His blessing to seek.*

*Take time to be holy,
The world rushes on,
Spend much time in secret
With Jesus alone;
By looking to Jesus.
Like Him thou shalt be;
Thy friends in thy conduct
His likeness shall see.*

*Take time to be holy,
Let Him be thy guide,
And run not before Him
Whatever betide;
In joy or in sorrow
Still follow the Lord,
And looking to Jesus,
Still trust in His Word.*

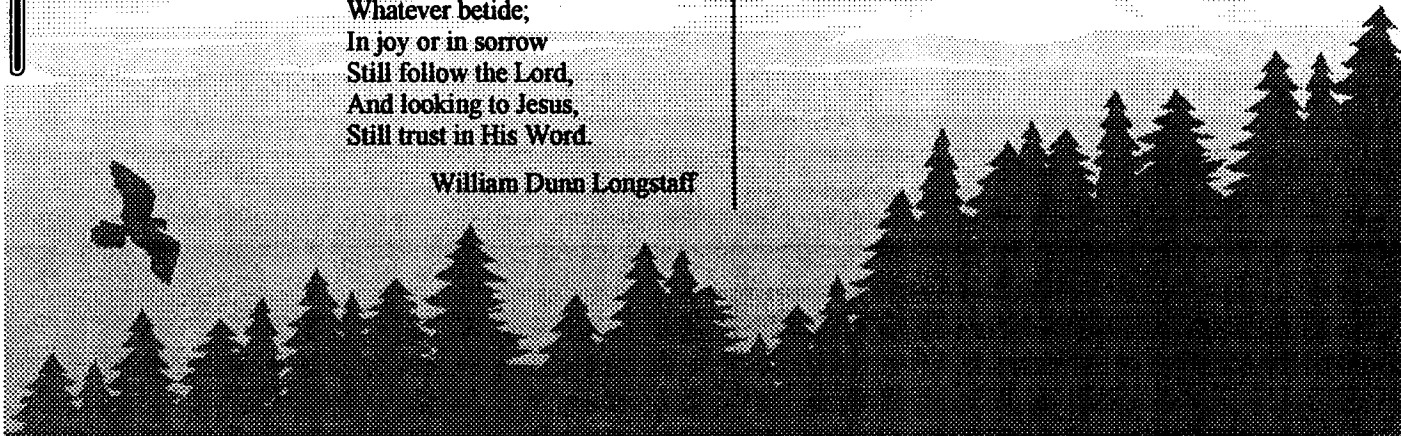
William Dunn Longstaff

Dear Friends,

Meditation! *What is it?* Webster's Dictionary defines meditation as focusing one's thoughts on something or pondering, reflecting on something. The word meditate in the Bible agrees with these definitions. *How important is meditation?*

Without it we cannot know spiritual prosperity or success. The Lord told Joshua "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." Joshua 1:8.

Without it we cannot be fruitful. In Psalm 1 we read these words: "But his delight is in the law of the LORD; and in His law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."



Without it our words will not be acceptable in God's sight. "Let the words of my mouth, and the meditation of my heart, be acceptable in Thy sight, O LORD, my strength, and my Redeemer" Psalm 19:14.

Without it we cannot be happy in the Lord.

"My meditation of him shall be sweet: I will be glad in the LORD." Psalm 104:34.

Here are some simple suggestions for experiencing meditation in God's Word.

1. **Preparation.** *First of all* in preparation for meditation we need to set aside a certain time each day for a quiet time with the Lord. In the morning is preferably the best time. It is good to be with the Lord before we have encountered the cares and burdens of the day. David said, "My voice shalt thou hear in the morning, O LORD; in the morning will I direct my prayer unto Thee, and will look up." Psalm 5:3. *Secondly*, we need to find a place of quietness where we can speak to God and hear Him speak to us through His Word. It should be a place, if possible, where we will not be disturbed by a telephone call or where others would not interrupt us. (This may be the hardest thing for us to do.) The Lord Jesus withdrew Himself from the crowds and went into the wilderness. Luke 5:16. "Be still, and know that I am God." Psalm 46:10. "In quietness and in confidence shall be your strength." Isaiah 30:15. *Thirdly*, if we are aware of any sin in our life we need to confess that sin to Him. See Psalm 66:18; 1 John 1:9. "Search me, O God, and know my heart: try me, and know my thoughts." Psalm 139:23. *Fourthly*, we need to pray for a teachable spirit. We can pray as David did: "Show me Thy ways, O LORD; teach me Thy paths. Lead me in Thy truth, and teach me: for Thou art the God of my salvation; on Thee do I wait all the day." Psalm 25:3,4. "Open Thou mine eyes, that I may behold wondrous things out of Thy law." Psalm 119:18. *Finally*, we must choose a book or chapter of the Bible which we want to read and meditate upon. The Psalms, the gospels, particularly John and the first epistle of John are good starting places.

2. **Reading and Listening.** "I will hear what God the LORD will speak: for He will speak peace unto His people, and to His saints: but let them not turn again to folly." Psalm 85:8. Sometimes we may start reading the Bible without a reverent and humble attitude. But when we think of God's greatness and glory we cannot help but be reminded of what the Lord said to Isaiah in chapter 66:2: "but to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at My Word." It helps when reading God's Word to read it aloud to ourselves. I have found that I can read something and still be thinking about something else. When we read

aloud the eyes see, the ears hear and the mouth articulates the words. This helps to impress God's word upon us.

3. **Meditation.** Here is where we want to think about what we have read. We need to ask ourselves questions about what we have read, To whom is God speaking in the verses I have read? What does it mean? We might want to write out any questions that we are not able to answer. It often helps to personalize it.

4. **Action.** Finally what we have read and studied we want to put into action in our lives. Here is a brief example of meditation on one verse in the gospel of John chapter 15 and verse 9. "As the Father hath loved Me, so have I loved you: continue ye in My love." Now let's ask ourselves some questions. Who is the Lord speaking to in this verse? A brief study of the chapter will lead us to see that the Lord is speaking to His eleven disciples or followers shortly before He went to the cross. Am I one of His followers? Then He is also speaking to me. What is He saying to me? The Lord is saying that He loves me as much as the Father has loved Him. How much did the Father love His only Son? I realize that I can't begin to measure God's love for His Son. Is it possible that He loves me that much? Yes, it is. We read in Ephesians 3:19 "And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God." Yes, His love passeth all understanding and knowledge. His love, unlike ours, is causeless, ceaseless and endless. *This is where the action begins.* As I meditate on His love for me my heart is filled with joy and that makes me want to praise Him and to show that love to others. But, further, He also wants me to continue in His love. How do I do that? By doing just what the hymn suggests, "Take time to be holy."

In His wonderful love,

John D. McNeil

"Meditate upon these things" is the third word that comes before us. By reading our minds become well furnished with truth. By meditation the truth in its force and bearing is brought home to us. Just as the ox not only feeds in the pastures but also lies down to chew the cud so we need to ruminate, to turn things over in our minds, for it is not what we eat that nourishes us but what we digest. If we meditate upon the things of God, getting right into them so that they control us then our profiting, our spiritual advancement, becomes apparent to all.

—F.B. Hole

For address correction or free new name addition, write to:
Leslie L. Winters or Christine Albury