



Becky Combee Ministries, Inc.

A Lifestyle of Meditation

One morning this week, I sat on the front porch reading in the book of Ephesians. I have been reading Ephesians for several weeks. Ordinarily, I do not move rapidly through the Scriptures, but I stand in one place until the power and presence of God saturate my heart and mind. It is like chewing your food thoroughly or cleaning your plate at dinner time. Oh, what glorious moments I've had with the life inherent in the Word of God working mightily in me.

Throughout the Scriptures, we are counselled to meditate in God's Word. Meditation is a lifestyle. In years past, I was a "professional" coffee drinker. You probably wouldn't believe the number of cups of coffee I consumed every day. But, the time came, when the Word of God ministered life to me and set me on a course of freedom. By the Spirit, the apostle Paul wrote, "Some of you say, 'We can do anything we want to.' But I tell you not everything is good for us. So I refuse to let anything have power over me."¹ These words spoke to me over and over again and prompted me to make a change. It was a change of LIFESTYLE.

We are usually associated with our lifestyle. People think of us in conjunction with those activities that consume our time. If you neighbor

loves to fish and you notice that he is not home, your first thought might be, "He is probably at the lake today." When your "sold out to exercise" friend does not answer his phone, you are sure he is at the gym. If you haven't seen your motorcycle buddies today, you would suppose they are out riding. It is their lifestyle.

Now, nothing is wrong with a lifestyle unless it is illegal, immoral, or irresponsible. Those things MUST change. And, if our lifestyle pre-empts other very important activities, this must also change. But as long as the activity does not manipulate funds set aside for household expenses, it is certainly acceptable, especially when it relaxes us and prepares us for another week at the office.

God's life-giving Word is real – SO REAL.

When I was a child, our lifestyle was to be in church on Sundays and Wednesdays – every Sunday and Wednesday. It is a lifestyle I still appreciate. Yet, when our son, Joel, was only a few months old, he had neurosurgery, and we could not go to church that next Sunday. Just before noon, our neighbor, who did not attend church, came over to check on us.

"Is anything wrong?" she asked. "You didn't go to church."

(I am glad to tell you that in later years, she rededicated her life, and her husband accepted Jesus as Savior and Lord.) Lifestyle makes a difference.

As a Christian, meditation is my lifestyle. Meditation is more than reading the Bible through; it is more than having a verse for the day; it is more than meeting an emergency need by claiming God's promises. It is daily. It is continual. It is repetitive. It is WONDERFUL!

The psalmist said that we must meditate day and night.² Of course, this does not mean I am reading God's Word every minute of every day. This would be impossible. But it does mean that the Word of God is a priority in my life. Daily, I read my Bible, and when the Holy Spirit prompts me to read and re-read a passage of Scripture, I obey. After all, this is not a race to the finish line. It is a rain-soaking shower that pours the water of the Word into my heart.

When I think about meditation, it reminds me of those wonderful moments when you watch your children play. Without disturbing them, you laugh at the intensity of their activities, smile at their understanding of life's situations, and weep because these precious little ones are yours. Can there be any better understanding of meditation? We read with great intensity, concentrating on every word. We stare at the same words, muttering them to ourselves. We are kidnapped by one thought or idea, and it becomes magnificent. God's life-giving Word is real – SO REAL. Although we have other things to do, we don't want that moment to go away. God is our Father, and we are precious to Him. Surely, we don't have to move from that place of rest!

Jesus said, "The words that I speak unto you, they are spirit, and they are life."³ Somehow, we have overlooked this fact. God's Word gives life, but often we embrace it as a book that must be read or a law that must be obeyed. It is so much more than that. It is God speaking to our heart. It is a divine exchange that gives "beauty for ashes, the oil of joy for mourning, and the garment of praise for heaviness; that [we] might be called trees of righteousness, the planting of the LORD."⁴

What a magnificent lifestyle! When my spirit is yielded to the Holy Spirit and God's Word, my ignorance becomes the mind of the Lord; poverty and lack are swallowed up by God's bountiful supply; and sickness bows to heaven's healing power. Through meditation, my restless, distressed mind and emotions embrace peace beyond understanding.

This happens because God and I sat down together and I listened. Notice, I did not talk; I listened. His words saturated my being until my peace was beyond comprehension. I have His mind. I understand more than ever before His commitment to His people. I am assured that He keeps His promises and will manifest His power in my life. I know God is my Father and He loves me!

I also love Him! Shouldn't it be easy to spend time with someone you love? Surely we have a moment for Him. I promise you time with God is worth everything! Everything!

¹1Co 6:12 CEV ²Ps 1:2 ³Jn 6:63 ⁴Is 61:3

WONDERFUL WORDS OF LIFE

By Phillip P. Bliss (1874)

*Sing them over again to me,
Wonderful words of life,
Let me more of their beauty see,
Wonderful words of life;
Words of life and beauty
Teach me faith and duty.*

*Beautiful words, wonderful words,
Wonderful words of life.*

Born in Pennsylvania, Phillip Bliss grew up in a Methodist household, selling vegetables to help support his family. He first heard a piano at age 10. He left home the next year to work in a sawmill. At age 17, he became a school teacher. His rich, baritone voice was not recognized until 1857 (age 19). It was then he had formal voice training. He went on to become a well-paid music teacher and evangelist. He died with his wife in a tragic train accident in 1876. *Wikipedia