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Daily Devotional, Thursday, December 28, 2017 More Essentials of Meditation

DECEMBER 28TH 2017 BY DEE LOFLIN

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Psalm 19:14

We have already explored three fundamentals of effective meditation. Today, let's round out the list by adding three additional ones. Picking up where we left off yesterday, we will now consider:

4. Silence. What a struggle this one can be! How often do you sit down to pray and then end up doing all the talking yourself? The prophet Isaiah reminds us that "in quietness and trust is your strength" (Isa. 30:15). However, we're not often quiet in prayer, are we? Sometimes we go on and on with our petitions but never actually give the Father an opportunity to respond. How can we ever truly know His heart unless we stop and listen to Him in silence?

5. Self-Control. This simply means admitting to yourself that you need to deal with some things in your life. God is continually refining us and shaping us into the men and women He wants us to be. As we surrender more and more to His will, we need to acknowledge these areas are no longer ours to control.

6. Submission. Finally, believers must submit to God. All of the prayer and meditation in the world will not make a difference in your life if you have a rebellious spirit. He desires to know you, use you, and mold you according to His best plan for you personally. This cannot happen if

you do not intentionally submit to His work in your life.

Meditation can be hard work, but as with exercise, the rewards are well worth the effort. Ask for the Holy Spirit's help, and make a commitment to start meditating today.

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