

Lesson 3 Pt2

“Chew the Cud”

Consider how the word is used in Psalm 1, “Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; ² But his delight *is* in the law of the LORD, And in His law he meditates day and night. ³ He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.⁴ The ungodly *are* not so, But *are* like the chaff which the wind drives away. ⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. ⁶ For the LORD knows the way of the righteous, But the way of the ungodly shall perish.

The Hebrew word for meditate literally means to chew the cud. It is an Aquarian term used to refer to how cows digest their food. Cows have two stomachs. The chew the food in their mouth and swallow it. After, the food is chewed on, the cow will swallow it. The food goes into the cow's first stomach for further processing and breaking down. Then the food in the first stomach is sent back up to the cow's mouth where it is re-chewed and swallowed again, this time going to the second section of the cow's stomach in order to squeeze out all of the moisture and nutrition.

I. Meditate on God's word: (Isaiah 55:8-9)

- a. What does it mean to meditate on God's word?
- b. How does meditation differ from hearing, reading, studying and memorizing scripture?
- c. What are the benefits of meditating on God's word? (Jos 1:8), (Ps. 39:3), (Ps. 1:3), (Ps. 119:98-99) (James 1:25).,
- d. How do you practice meditation?

There are three things that must go together in biblical meditation: **READING, REFLECTING, and RESPONDING**. The ultimate purpose of these three are the three great purposes of Bible study:

- Observation
- Interpretation
- Application

A. Reading

Careful reading for observation comes first. The word "read" or "reading" occurs 80 times in Scripture, 34 times in the New Testament. This involves the following:

1. **Read Reverently**, ever mindful that you are reading the Word of God. This means reading deliberately, slowly, and alertly, not mechanically or legalistically.

2. **Read Repeatedly**, going over and over the passage to observe more and more knowing that you do not exhaust the meaning of any verse even when it becomes familiar and you think you know it. (Prov. 2:4).

3. **Read Creatively**, visualizing yourself in the time, history, and situation of the passage.

4. **Read With Study Tools In Hand**, with paper and pen and Bible study helps at your finger tips to help you observe and answer your questions. We need to use tools like a CONCORDANCE, COMMENTARIES, BIBLE DICTIONARY, ATLAS, and WORD STUDY HELPS like Vine's *Expository Dictionary of New Testament Words*.

5. **Read to Understand**, purposely, to make observations of the text that will help you understand its meaning. This means asking questions like our six important friends in Bible study, who, what, when, where, why, and how.

B. Reflection:

1. **Reflect Purposely**, to fulfill the biblical objectives of meditation—worship, instruction, motivation, transformation. (Psa. 119:15,27)

2. **Reflect Imaginatively**, visualize the setting and put yourself there.

3. **Reflect Humbly**, realizing that you are not reading just a book, but that which is the very Word from God, God-breathed and authoritative, alive and powerful.
4. **Reflect Prayerfully**, trusting the Spirit of God to open up your eyes and heart to see, understand, and respond to the Word. (Ps. 119:18). This is also the position of humility and respect.
5. **Reflect Patiently** but expectantly, waiting on the Lord to teach you and show you. (Ps. 25:5).

C. Responding:

Responding is the process whereby we make personal application of our observations and understanding of the text. Through meditation we internalize that we may personalize.

1. **The focal point of application:** You are the focal point in application. This is not selfish or self-centered. **2 Tim. 3:16** The Bible is addressed to each of us personally.

2. Important questions for application:

How does this truth apply to my life in four spheres: in my personal life, in my family, at work, in my church, and in my community?
How do I propose to carry out these changes?

3. Three vital responses for application:

a. Response of Confession: (Ps.139:23-24a;
1John 1:7-9, Proverbs 28:13)

b. Response of Faith: (Romans
10:17, Mark 6 Heb. 3:7, Hebrews 4:2)

c. Response of Obedience