

Why Some Christians Do Not Meditate on Scripture? By Pastor Francis Williams

One of the most effective ways in which we can grow in our knowledge of God is through meditating on His word. Why then, are some Christians deficient in this important spiritual discipline? In this week's update, I would like to consider one of the obstacles which hinder the practice of Scripture meditation and offer a few suggestions to help us overcome this hurdle.

One of the greatest impediments to the practice of Biblical meditation is spiritual lethargy. This impediment is evidenced in the lack of interest in worship, prayer, and consistent Bible reading. The book of Proverbs has much to say about the peril of spiritual lethargy or slothfulness. Here are a few samples: "The desire of the sluggard kills him, for his hands refuse to labor" (Prov. 21:25). "He also that is slothful in his work is brother to him that is a great waster" (Prov. 18:9 KJV). In Proverbs 24:30-34, Solomon describes a scene in which the field of a slothful landowner came to ruins and then compares it to the spiritual sluggard. Here is the account found in Proverbs 24:30-34.

"I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man" (Prov. 24:30-34). In his commentary on this passage Charles Bridges writes, "If a neglected field is a melancholy sight, what is a neglected soul! A soul which, instead of being cultivated with the needs of grace, is left to its own barrenness; overgrown with the native produce of thorns and thistles" (see Gen. 3:18).

One way in which we can overcome spiritual sluggishness is to make Scripture meditation a priority. To do this, meditation must be time-tabled as everything else. By penciling meditation in our schedule, we are acknowledging that it is as equally important to us as the other activities of the day.

In addition to prioritizing meditation in our schedule, we should also seek to meditate on small portions of Scripture. We should not attempt to meditate on too much, at one time. An effective rule to guide us is the "Salami Principle." The advice here is to divide a chunk of Scripture into smaller slices. Start with one or two verses. In other words, in meditation, we ought to seek quality rather than quantity.