tcL0035 -04/11/2014 rev. 03/21/2018 "Alone?"

Article Title

Article Category-

Practical Christianity



If you are ever alone you may already know that loneliness can destroy you...and that one can even be lonely in a crowd. Solitude, by contrast, can build richness of character that you and others will admire—always and forever. Same circumstance; different choice. Meditation is defined as continued or extended thought, reflection or contemplation. Some of the world's greatest critical thinkers are known to have gained that skill by frequently choosing solitude and meditation over loneliness. By choosing solitude, they learned to be comfortable in their own skin. Through meditation some of them also gained peace with God.

What you choose to meditate about can be critical, too. The term, "premeditate," is often associated with negative connotations; e.g.: premeditated murder. But our focus, here, is on the kinds of meditation that are positive and uplifting. In meditation you can conceive, evaluate and establish personal objectives. Your reflective contemplation of those objectives can yield positive "visualizations" of their achievement. See Proverbs 29:18 to confirm the value of visualizing the achievement of your goals. When you choose to meditate, frequently, on what you've read in God's written word – as opposed to what you've heard from others – you immediately set yourself apart from the vast majority of the world's people who claim Christianity. Most of them have a zeal for God, but not according to knowledge. (See Romans 10:2.) It is only through solitude and meditation that you can progress toward the solid foundation of Bible knowledge for your faith.

> "My people are destroyed for lack of [sincerity?] [prayer?] [worship?] [regular church attendance?] [holiness?] [faith?] [righteousness?] [hyperspirituality?] [getting "truly 'saved'?"] [believing "what 'we' believe?"] knowledge..." —Hosea

Can you gain such knowledge "in church?" Most believers apparently think that's possible. Unfortunately, though, it isn't: "Thus saith the LORD; 'Cursed be the man that trusteth in man...'" - Jeremiah 17:5

Here's some important Bible confirmation for your contemplation:

- > "And Isaac went out to MEDITATE in the field at the eventide." —Genesis 24:63
- > "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
- > "But his delight [is] in the law of the LORD; and in his law doth he MEDITATE day and night." —Psalm 1:2
- > "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 19:4
- > "...I remember thee upon my bed, [and] MEDITATE on thee in the [night] watches." —Psalm 63:6
- > "I will MEDITATE also of all thy work, and talk of thy doings." —Psalm 77:12
- > "I will MEDITATE in thy precepts, and have respect unto thy ways." —Psalm 119:15
- > "Princes also did sit [and] speak against me: [but] thy servant did MEDITATE in thy statutes." —Psalm 119:23
- > "My hands also will I lift up unto thy commandments, which I have loved; and I will MEDITATE in thy statutes." —Psalm 119:48
- > "Let the proud be ashamed; for they dealt perversely with me without a cause: [but] I will MEDITATE in thy precepts." —Psalm 119:78
- > "Mine eyes prevent the [night] watches, that I might MEDITATE in thy word." —Psalm 119:148
- > "I remember the days of old; I MEDITATE on all thy works; I muse on the work of thy hands." —Psalm 119:148
- > "MEDITATE upon these things; give thyself wholly to them; that thy profiting may appear to all." -1 Timothy 4:15

Enough to *chew on* for now...?



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