

# Just Meditate for a Month

by A.W. Tozer

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*A.W. Tozer encourages listeners to practice the art of Bible meditation, seeking guidance from the Counselor and practicing quiet expectation.*

**Scripture:** Joshua 1:8, Psalm 1:2, Psalm 119:15, Psalm 119:97, Proverbs 4:20-22, Isaiah 26:3, Romans 12:2, Philippians 4:8, Colossians 3:2, 2 Timothy 3:16-17

**Topics:** "Meditation", "Spiritual Growth"

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## Description

A.W. Tozer emphasizes the transformative power of meditating on God's Word, encouraging believers to follow the example of the old saints who approached the Bible with reverence and faith. He urges listeners to set aside distractions and engage in deep, prayerful meditation, allowing the Holy Spirit to illuminate their understanding. Tozer challenges everyone to dedicate a month to this practice, seeking divine guidance and wisdom through quiet reflection on Scripture. He highlights the importance of humility and expectation in this spiritual discipline, inviting God to teach and reveal His truths.

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## Transcript

But his delight is in the law of the Lord, and in His law he meditates day and night. --Psalm 1:2

Let the old saints be our example. They came to the Word of God and meditated. They laid the Bible on the old-fashioned, handmade chair, got down on the old, scrubbed, board floor and meditated on the Word. As they waited, faith mounted. The Spirit and faith illuminated. They had only a Bible with fine print, narrow margins and poor paper, but they knew their Bible better than some of us do with all of our helps.

Let's practice the art of Bible meditation.... Let us open our Bibles, spread them out on a chair and meditate on the Word of God. It will open itself to us, and the Spirit of God will come and brood over it.

I do challenge you to meditate, quietly, reverently, prayerfully, for a month. Put away questions and answers and the filling in of the blank lines in the portions you haven't been able to understand. Put all of the cheap trash away and take the Bible, get on your knees, and in faith, say, "Father, here I am. Begin to teach me!" The Counselor, 136-137.

"Guide me, Lord, as I take time throughout this whole year to meditate on You. Tozer is stimulating me, but my real desire is to hear from You. I'll get on my knees this morning, Lord, in quiet expectation. Amen."

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