

# Meditate Long and Often

by A.W. Tozer

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*To rise above the average Christian experience, one must learn to meditate long and often on God to know Him intimately.*

**Scripture:** Psalm 143:5

**Topics:** "Knowing God", "Meditation"

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## Description

A.W. Tozer emphasizes the necessity of meditation for Christians seeking deeper spiritual growth, urging believers to reflect on God's works and presence. He asserts that true knowledge of God requires sustained and thoughtful meditation, which is essential for transcending the average religious experience. Tozer encourages Christians to prioritize knowing God as the ultimate goal of their faith, recognizing that while this journey is free, it demands significant commitment and effort. He concludes with a prayer for a deeper awareness of God's presence during meditation.

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## Transcript

I remember the days of old; I meditate on all Your works; I muse on the work of Your hands, I spread out my hands to You; my soul longs for You like a thirsty land. --Psalm 143:5-6

Among Christians of all ages and of varying shades of doctrinal emphasis there has been fairly full agreement on one thing: They all believed that it was important that the Christian with serious spiritual aspirations should learn to meditate long and often on God.

Let a Christian insist upon rising above the poor average of current religious experience and he will soon come up against the need to know God Himself as the ultimate goal of all Christian doctrine. Let him seek to explore the sacred wonders of the Triune Godhead and he will discover that sustained and intelligently directed meditation on the Person of God is imperative. To know God well he must think on Him unceasingly. Nothing that man has discovered about himself or God has revealed any short cut to pure spirituality. It is still free, but tremendously costly. *That Incredible Christian*, 135.

"Slow me down, Lord, and quiet my heart this morning. Favor me with an acute awareness of Your presence as I meditate quietly for the next several minutes. I want to know You, God, so I can indeed move well beyond that 'poor average of current religious experience.' Amen."

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Source: <https://sermonindex.net/speakers/aw-tozer/meditate-long-and-often/>

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