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So Our book here. We've been discussing on meditation. Um, Today's specifically, like i said, the chapter is titled occasional.

Meditation. Okay, so does anybody remember from the book? What we would call the meditation. That we've been reading about thus far up until this point. You know, there's Occasional, and then there's They may remember. The word he used. He referred to it as deliberate. Another words. Deliberate meditation would be.

Where there's a plan time in your life or your day the schedule of your day. Where You spend time with the lord. And you know, that could be a set time every day reading the word praying and then thinking about things of god. But then, Occasional meditation. Does anybody want to try and Give me an idea or give me a definition of what occasional meditation would be.

Go ahead. I think it was Would be essentially, allowing the Providences of god in your life. On this daily spacious. To correct your thoughts and accordance with. Just work. Right. You do that as a providence occurred to as But even if I come at you, with a peer to be as happened since, But, what's happening?

Direction to the collect. Just go, right? In, in our book, it uses the term. Spontaneous meditation. Um, I, I came up with my own term. As long as it's used in the proper context, i think it would work but i, i would also say it would be Situational meditation.

Because as you are in different circumstances, Uh, where you're not maybe sitting there reading your bible. Or you're not praying. Things happen. In the course of life. That would give us cause to take that and use as an opportunity to meditate on the things of god. Now i ask peter if he would read some 77 Verse 12.

I also meditate on all your work and talk of your deeds. Okay. And talk. Oh, okay, of ids. Okay, the king. I think the king james has talk of thy doingsings. So What this is talking about is where the psalmist was writing about the events of life. Or or as he was not the events of life.

But as he was going through life different things happened. Which caused him to meditate on the things of god. So we would say, the occasional meditation on the word of god that the puritans spoke of would be more spontaneous. Now i'm going to ask you if you can think because i've written down a couple things.

If you can think of some areas where, Things happen in your life. That caused you. Or that could be used to cause you to reflect upon god and his providence and his goodness. Anybody have any thoughts? Go ahead, Oscar A certain like situation situations could be at your work.

Place. Or The goodness is good, that's always good or to reflect on him in all assets and all facets. Right? That that was one of the ones i had in death. You know, what are things that i i see. As i've gone to sure, everybody's gone to their share funerals.

But it's, especially apparent when you go to the funeral of an unbeliever. And there's Many times just such desperation. That you see and that has given me cause reflect upon the

goodness of God and why he would save me a sinner. And give me the hope of heaven. You know, i i went to, uh, A friend of mine, who died.

Unexpectedly, even though from our standpoint from god's standpoint, it wasn't but but he was not a believer. And he was having to be. He liked fishing. And so they had him dressed up in the coffin with His fishing rod and his hat and his lures and they were laying on him and everything else.

And It just it was, it was It was really profound to me because i looked these people are desperate. They have no hope so. Things like death funerals. They cause us to reflect upon the goodness of god on the way over here this morning i got a phone call from home a phillips and he told me that his stepson.

Adjacent who's 47 years old. Had a master stroke yesterday in the parking lot of tractor supply. In in whole wall, and they found him slumped over the steering wheel. And so he's at Vanderbilt hospital. Today, and they do not expect him to live, but in talking with hone a He said the comfort in reflecting or meditating upon that.

Is that. It is his belief that his son-in-law, or stepson was. Was a believer. So he's getting a promotion. You know, an unbeliever. Can't think that way. And unbeliever can't see those things. And unbeliever thinks this, is it You know, and i've often gone to those funerals of unbelievers that I i don't think i, i could make it as unbeliever.

I mean, i know i couldn't make it. I'm saying that as a gesture but i could not, i it would be devastating to me. So anyway, that's an example. Of. Um, Occasional meditation, anybody think of another one. I've got a couple others i've written down here. The one that was mentioned yesterday at the administroup was.

Walking around and seeing God's creation. And guns for us and creation. To the airport, scripture references that has to be

Well. Who's comparing the providence of god, creating even particularly for avenue? Than the reminder that. Starts providence's personal and specific to each one of us. And the property into, which he's brought you. The home that he's given in the particular life that you have children. Receiving But even when you take a walk, This tree.

Thought for me, Um, But occasional meditation is More along the lines of remembering. That the one who created all things did. So in art, To turn our thoughts to him as directed by this word. Right? Because the Lord jesus. It's hot upon the word of god and was teaching thou word of god.

But did so largely With images that are available all the time. So that, whenever we whenever we eat physical food, we remind, we remember that rod nourish is also nourished with us. Also, a spirituality and i sit in here, And they. Huge, the congregation pray for Um, For us, all to come into a life in which We received providence's personal moment by moment in every single problems.

Directs us to spherical treaty. It's it's coming from god. Right, you hear people who have Is something of a view of providence. You hear them? Say things like that was a god thing. And they'll get really excited about something that. Think that God was saying or doing in that broad thing?

But the way, the Bible teaches us everything is a god thing. And he's still his word with the particular tree because he never get, you know unward from the bible itself. But he's made us

people who take journeys and need places. And you know, you drive to the grocery store And as you drive to the grocery store, we are at the view.

Of course, our trusting yourself to God that he gets you all the way to kroger without getting killed but it's crazy. The middle, Tennessee driver. But you're also remembering that god has Kind of a greater journey you know, that pilgrim's process idea. And you're remembering that. He's the one who's getting you from where you are now to the fullness of your sanctification.

You're looking for a parking place. And if you haven't gotten there before, 8 am you're looking for a parking place. And you remember that god has a place for each one of his people. The that, you know, you may be Of insignificant data point to the rest of the earth.

But God has had a place in space and time for you that he's appointed you. Now he has a place for you and this kingdom. You go in. You look at, you can start looking at the food, you're resisting. The You have stuff that they put on the end caps and the shiniest boxes and they're done all that research for the right.

Yeah, to feed you. Nutritionally, disastrous food and as you are trying to make good choices for yourself and your family. You remember this is true biblically, theologically too. There's all kinds of rubbish that people put out there and call bible study. There's all kinds of rubbish that people teach and called theology.

You're crying out to God, hopefully be as careful with the meaning of my soul as i am with defeating of my pocket. Yeah. So this occasional meditation idea is something that takes the truths of god's word. Remembers that all providence is personal that everything is a god thing. And interacting with him in accordance with his word moment by moment throughout the entire day.

That's So, As you kids who are eating, hopefully bought his nourishing, our hearts and minds too. Excited to be with our church family. How much more when would come to glory and the entire tree church, family are all gathered together forever. Now, those kinds of things. Not just one example.

Okay, so Um, one of the comments James made pilgrim's progress. If you want to, Understand about occasional meditation and seeing god in all of life. That's a very good book to read. I read it many, many years ago. When i was in high school but i've actually thought that i should read it again but so We talked about some examples nature.

You know, we look at nature. I was thinking this morning as driving over How god, how good god is that? I didn't have to go out and saddle the horses and it wasn't cold and, you know, riding in the cold weather. But i got in the car turned the key on and had it warm before.

I mean, just just all kinds of way and, you know, then you can take that where you consider that god would give us such minds that men would develop these things and they would see these different things. And be creative. I even see that. In music, you know music, you, you see that god has, you know, it talks in the bible, much about the harp and liar and how music flows from the heart.

Even occasionally, as i've said before, if i've listened to a song that maybe i grew up, As a teenager, that was not a christian song and i listened to the lyrics, which i didn't do then, and i think, wow. I am so thankful that god is my savior because these people are desperate.

You know. Um, in their thought, one thing i would say Especially to The young men. Because i was a young, man once. But when you use every situation, you know, there are times when i

was young, man, i might see a Very attractive young lady. In my mind might be inclined to go the wrong direction on that.

But i would reflect upon the fact that you know, when God created eve, adam said she was beautiful and a reflect on the fact that god his Made many beautiful things. Including the opposite sex. So, That's way young men, especially to direct your thoughts and to keep them pure and the things that you you think, and meditative upon god, they use a term in the book.

Uh, That. If you only had occasional meditation, it would be like a person getting ready to eat. But he only tastes bits of a meal. He doesn't ever sit down and eat the entire meal. So you're just getting little Bits of of that, uh, it also It says that occasional meditation can be described with adjectives like extemporaneous sudden, spontaneous, or short.

Um, And they also use determine here. Have you any of you heard the word? The midest touch. The term. What does that mean when you hear that modest touch. Is it like i think it's from a Greek myth. King that puts everything he touched her in the gold. That's it.

Exactly right everything. They touch turn to gold. So we can with occasional meditation. We can take all the events of life. And turn those into spiritual or heavenly gold. Uh, reflecting upon the good things. Um, that god has given us and our savior and and what we have been saved from, he that has it says here, the comment here.

Is he that hath labor swinlock? Called occasional meditation, the labor to spiritualize earthly things, he that hath learned this mystery as a true spiritual chemist chemist he hath better than midas's wish that's turning everything into gold. He turneth all that he touches better to go than gold. He turns it into heavenly God, and then there's a quote in here.

Occasional meditation is this? When a man takes an occasion by what he sees, or what he hears or by what he thinks of when he takes an occasion of anything that is sensitive to raise up, his thoughts to heavenly meditation, Occasional meditation is when a man makes use of the creature as a footstool to raise them up to god.

Um, As a ladder to heaven here in lies, the excellency of a christian that he is able to spiritualize. And i think that's the key to spiritualize. Natural things. To us. Occasional meditation uses any experience in life to glean spiritual fruit. Did you hear that any experience in life?

So, we can have. Any experience that we may go through good better and different to use that. To allow the spirit that dwells within To think of god and to, To bring ourselves up into a level, not of man. But that above All right. So, The puritans believe that there were three books given to us.

Occasional meditation. One was the scripture, of course, which should be the foundation of the bedrock. Um, We're going to talk about this a little bit more, but we should never deviate from scripture and we'll find out why that's dangerous. The creation. Okay. And our conscience because god, Gives us.

He gives us a mind and he has even though it is defiled. And it's been corroded with sin. There still is a residual that god uses to direct us. You know, i i used to work with Delinquent youth. And, It always amazed me that, you know, i used to go to this boy's home where they got in trouble, that they all knew they did wrong.

You know, even the ones that did it anyway they they all knew you know they had a conscience. So god Uh, can use the combination of those things now, There are a couple

references in scripture in the old testament, which gives us examples of occasional meditation. I asked some of the read some 112 verse 2, who did?

I Asked to do that. Okay. Descendants will be my youngest generation of. The upright will be blessed. Okay, can you read it again? Let projecting your voice. Please is descendants. Will be mighty on your generation of the upright. We'll be blessed generation of up or how do we become upright?

By dwelling on the things of god and knowing The lord as our savior. How who has 19 won? Psalm 19:1. Okay, okay. The heavens declare, the glory of god, and the firmament shoe of his handiwork. So, That was david, correct? What was he doing? I mean, david. Uh, we always think of david like, Like he had a great life you know.

He went out killed Goliath. Did he became king and everything was Uh, Happy thereafter. But you know, david there were times where there were people trying to kill him and he was in great. Great despair. And we don't think about that and he as he looked at the sky, he saw the handiwork of god in those those things who has some eight.

Tooth through four. I think that was okay. Out of the mouth in babies 200 established straight because of your face. To steal the envy financially in the event. What i look at your heavens and the work of your fingers. Moved in the stars. We have set in place for this man.

What is that your mind for the sunday? You take care of it. Yeah, when i look at the heavens and i see the work of god's hands. Okay, they're not just They didn't happen, just like i like to tell people when they they tell me. They're They hold to an evolutionary position on creation.

I say, oh, you believe in slime over time, like this piece of slime, just eventually became something right? And, and i always try and i'll use a real simple example. Say, see this coffee cup here. How? And let's say it's made out of ceramic. I'll say how long would i need to let this ceramic in its uniformed state stay on the ground before became a coffee cup.

And most of them look at me and say, Well it's never going to do that. I said so you're going to take the human body which is the most intricate machine that ever existed and say that it was slime over time but the coffee cup. Can't even uh, Create itself.

So It says here, we see the work of god's fingers. In what is man that you are mindful him. In other words, god doesn't need us. But he in his graciousness and his goodness, he has revealed himself. To his sheep. And that is something that we should reflect on.

On a regular basis. When i was thinking about other occasional spontaneous things, What about a mother? When she gives forth. She gives birth to a baby and she looks at that baby and she just realizes that This is a child of god. And how it was knit in her womb.

I mean, This is profound. And this is what we should be encouraged to think about on a regular basis. I also had one more example in Solomon. I mean, proverbs 66, it was Solomon. You ready? Go to the amp you slugger. Consider her ways in the lives. Okay, so how many of you Have seen ants at work.

Building a But, What do you call it? A house or an outlet? Okay. Is it amazing? There's no leader. Nobody's saying okay guys go over here, i need you to get bread. This group over here, i need to get mud to build. They just it's just happens because the creator.

Made them that way. And when we look at that, We see the ant. How much more for us? Who know the lord as our savior. And we see all that we have around us and the new testament We

have a couple examples. We have John chapter 4 with the woman at the well, where she was there for physical water.

Right. But what that our Lord do, he always spoke to people as pastor James said this morning God always use things of this life of this world. Many times to give us pictures. He said you're here for water, but I can give you the water that will cause you to never thirst again.

Um, John chapter 6, we have the bread of life as well. So, just in closing here. Um, what are some of the benefits? Of. Occasional meditation. Well. You have to be anywhere. Can you be anywhere? To meditate upon the things of God, right? If any place you can be a mom could be at home, changing a diaper, a dad could be at work.

Um, you could be anywhere and weak and God. Through the Holy Spirit, can give us the ability to see Him and all His glory and all His might through the occasional. Or the everyday things that we see every day. So it can be any time or any place.

Now, it does use the term in here, occasional meditation, and I did use the term spontaneous. But I would also say, I don't think the book said too much about this, but I would say even occasional meditation is really not. Just spontaneous like you're walking around. Oh, I think about that.

I think it's discipline as well. We have to be, we have to be looking for, as we go through the day. And we encounter different things that we are looking for ways to see God's handy work and to see God in all that we do. So it's a this, it's something we develop just like like a, a craftsman, like Jeff here who's a woodworker, you know, you could probably have somebody that build a piece of furniture that to the average person they say, hey that looks pretty good.

But Jeff might see flaws in that. That. That. That the the normal person who wasn't trained and wouldn't see. So we need to discipline ourselves to be looking. And asking God to help us to see Him in all of His creation. All right. Now, the other thing in closing here is the Puritans were also very careful to make sure and warn people of the possible dangers.

Of. Occasional or I say, spontaneous meditation. Um, and that would be that. The basis of all that we believe, is the word of God. This is God's written word to us, it's final. There is no special revelation where I know all of you have run into people that said, well God told me to do this, you know.

I believe the Holy Spirit can impress things upon our heart. But we have to be very careful that as we meditate upon the things of God, that we don't allow us. Allow it to take us in a place that would be on biblical. I mean, we have many within our It uses the example of Uh, the Catholic church with its mysticism, or the Eastern Orthodox church which you know, praise to uh icons or paintings on the wall?

I mean, where did they get that? Uh, somebody obviously thought about it and came up with it, but we can't find that in the word of God. So we have to guard ourselves to make sure that we don't go down, you know, a path that would be unbiblical. In in nature.

So this the word of as pastor James had mentioned, a moment ago. It's like a boat. When a boat is, in dry dock, it's got mooring, it's tied in place. So all our spiritual thought needs to be tied in place or moored, by the word of God. It needs to be the basis for how we approach.

Everything it says in closing. Puritans clearly prioritize the word of God as a foundation to all meditation. This is why in His rules. For meditation green green. Him said let the word be the

object and beware of mingling it with other men's devices. Matten also had excellent words of caution.

Do not pry farther than god has revealed. Your thoughts must be bound by the word of god. Uh, and then gentleman by name last name of bait wrote treasure up in your souls, the stock of spiritual truth. Truth in the soul are like gold in the ore. Okay, you know?

Or you don't just find a a gold nugget. You have to take the door and you have to refine it and that's your meditation is refining. The things that. Of life and showing us the nuggets of god's truth. Uh, and brings forth its holy discourse and price actions. Ignorance is that which does impoverish, the soul and causes us to be baron in the duty of medication.

So, Next week. The subject is going to be deliberate meditation. And i believe that is is that you charlie Okay, so we have just a minute or two here, any comments or thoughts before we Go today. Yes, mr. Fill This may be in between deliberate and Opinions or occasional.

But i think even in the occasional, One can do some thing with purpose and intent to enhance the occasional. And that would be such things as Turning off your radio and set to where boards and music. And replacing that by perfection recordings of the salter being sung. Uh, replace it by the scriptures.

Spoken to you. And even if you're not really listening, It's there in the background that you will find. As you're not really listening that you will call catch. Yes, a phrase or something and it will That will spark your mind to think on that thing. That was recommended to you from the scripture.

So, so even being purposeful about our occasional is a wise thing to do. And i have one other verse. I sent it to you a month ago but i'll play it for you again. Okay.

In that verse is ecclesiastes, 7-5. And i'm reading from the new team, james. It says, it is better to hear the rebuke of the wise than for a man to hear the song of fools. And i would recommend to you as you do just a little bit of research about most of what's on secular radio.

You will quickly understand that most of what's being injected into your mind, is indeed the song of fuel fools. Both the music as well as the lyrics. There's very true. And and i will say, just go back to that. I remember because that came in just like, as i was concluding And all sudden i saw this verse come through, And i thought, okay?

It's still trying to tell me something, right? And so, i, i spent my sunday morning trying to decipher. If this was a Cody was giving me or something. So, Yeah, i can leave your response. Thank you. I can't help but thinking that was significance to it. Purpose of timing so i responded.

Yeah you mentioned common culture music and words within the statistical class. This verse clearly nails the nature of each person. Yes. And and to A firm, what you're saying is, How many times have you listened to music? And you haven't, maybe heard that song for years and you start singing the words with it and you never consciously set out.

To learn the words. They were just reinforced, so, Uh better that we reinforce with the things of god, rather than the things of men. It will replace that other, right? Right. Okay. Christian, would you close this in prayer? We're getting ready for our worship. Our father in heavenly crazy and thank you for your good provinces in.

Our lives. We thank you, god. For your word, which you have given? Which is sufficient. And that you have given us your spirit. By your grace to. This all things which pertain to life and godliness. And, Thank you, god, for meditation minds that you've given us. To. Be directed to your word and to you.

But please help us to. Walk this week, even strictly this day. Rejoicing in you enjoying you, and worshiping you. Um, turning back to your word. And, Savoring. Our savior christ. So please help us stay in the same things. Amen.