



## Basic Lesson 6

# Response to Biblical Meditation

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Some words appear in different colored font to give extra emphasis, encouraging further meditation.

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Response to Meditation  
Genesis 3:9

**Basic Principle:** There is a need to respond to what you hear God saying to you as an essential part of meditation.

### Genesis 3:9 “Where are you?”

Maybe you recognize these words God spoke to Adam after they sinned and hid from God in the Garden of Eden?

God knew where Adam and Eve were physically, He is asking, “Where are you?” mentally, emotionally, spiritually?” “What caused you to do this?” The **response here** is an opportunity for repentance. In meditation, listen for the “Where are you’s?” They are always positive, at times for repentance, other times for encouragement, an affirmation that strengthens.

**Responding to God,** God knows where you are in response to the Word you are meditating on. Here, He wants you to know, and to see if you want to do anything about it.

**In Genesis 3, to hide from God in fear when you sin is a flesh response.** The Word can be a detector of sin leading you to repentance. The response in meditation provides this with the promise; that confession of sin brings forgiveness and cleansing with a restored sense of righteousness with God. (1 John 1:9)

**For example,** How do you respond when you sin? Is fear present that your relationship with God is broken? Do you run to God or hang back? Do you confess sin and still feel unworthy? Do not follow these emotions; they do not line up with 1 John 1:9. You need to know that repentance in response to the Word brings times of **refreshing** in the **presence** of God. (Acts 3:19)

The response is some **kind of honest agreement** to what God is saying to you. Your response can range from, “Yes!” to “I don’t even know if I want to do this.” Be honest; God knows where you are and wants to help. “Help me!” is a good response.

Meditate through these Scriptures in James 1 and see how your response can lead to a transformed soul.

**The response in meditation is actually a personal benefit.**

Meditation **context:** James 1:21-25

**James 1:25 “He who looks into the perfect law of liberty (Word of God) and continues in it (perseveres, abides as in meditation) and is not a forgetful (negligent) hearer but a doer of the Word, this one will be blessed in what he does.”**

**This is a description of Biblical Meditation and the response.**

- Look into the Word.
- Continue meditating in it until you receive something from God.
- Use the Word as a mirror to see how you line up with the Word.
- Be a doer of the Word.
- You do this through your personal response to God as you apply the Word to your own life.

**Response in context:**

v21 gives a **picture** of how the Word is received. First, James shows a **preparation** of the heart to **receive** the Word. The Word itself has power to convict of sin, bring to repentance (if necessary) and convert (change) your soul. (Hebrews 4:12)

**Heart Preparation:** Go through the following list and allow the Holy Spirit to lead you to repentance if necessary.

**v21 “Therefore lay aside all filthiness (moral uncleanness) and overflow (abundance) of wickedness, (evil) and receive (take) with meekness (agree with God’s Word) the implanted Word, (the engrafted Word that grows) which is able (supernaturally) to save your soul.”** (mind, emotion, will).

To **receive** the Word means to **agree** with it for some **future obedience**. This is the **response** in meditation and brings you into being a **doer** of the Word. Are you willing to respond now to v21, to allow the Holy Spirit to check your heart for sin so the Word can be sown in prepared ground and yield lasting fruit? If the Holy Spirit shows you something, deal with it.

“**Save**” **your soul** is the same Greek word, *sozo*, used when you are born again, saved. When you are saved, your spirit is reborn, but you must renew your soul (mind, emotions, will), through the Word of God. (Romans 12:2, Ephesians 5:26, 1 Peter 1:22) Your soul will fight against your spirit until it is renewed.

**Response:** v22

**v22 “Be doers (responders) of the word and not hearers only, deceiving yourselves.”**

Hearing the Word is not enough, you must receive it and respond (be willing to do what it says), or you deceive yourself that anything happens. Your response means there will be **some future obedience** to the Word.

**Benefit:** The received Word reproduces itself as an engrafted Word. Hear and understand this Word, respond to God about it, and as you come into agreement, you receive the Word and seed it, then it reproduces itself in your life.

**v23 “For if anyone is a hearer of the Word and not a doer, he is like a man observing his natural face in a mirror...”**

Here the Word is presented as a mirror.

How do you respond to this?

Do you like the idea of a constant check on your life?

Is this helpful? Discouraging?

Explore these thoughts. See what it will take for you to line up with God’s Word. Be honest with any reluctance, ask the Holy Spirit to help you.

The next verse is about the one who hears the Word but makes no response.

**v24 “...for he observes himself, (sees himself in the Word) goes away, and immediately forgets what kind of man he was.”**

When you **hear** the Word (and see yourself as you really are) and **don’t obey**, you are like someone looking in a **mirror**, seeing a flaw, the spots and wrinkles but not doing anything about it. The Word of God is like a mirror; it will show the truth, the spots and wrinkles. You need to deal with what you see in yourself to be blessed.

**This is like the parable of the Word as a seed** where the new believer does not develop roots because he is not a doer of the Word and so he falls during trouble or temptation. (Matthew 13:21) When seed falls into unprepared ground of the heart, the Word is only heard but not acted on and immediately the wicked one comes and steals the Word.

**v25 “But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.”**

The Word is called the perfect law of liberty. It is not legalistic; the Word will set you free.

When you continue in the Word, it means to go farther. You do this as you meditate and respond to God regarding the Word He is showing you. This means there will be some future obedience as you become a doer of the work, i.e. being obedient to the Word. This is how you become rooted in the Word.

**Benefit:** v25 Hearers who **receive** the Word **“will be blessed in what they do.”** (apply the Word personally) To be blessed in what you do, you must be a **doer** of the Word. This is similar to the Psalm 1 blessing on the meditator of the Word **“And whatever he does shall prosper.”**

The response brings about a transformed mind that leads your soul into agreement with God’s Word. As the Word is implanted in you, it reminds you for example, that you are now set apart for God and your thinking and behavior will continue to change. You are different, alive to God and spiritual things. As your behavior changes through a transformed mind you will see this as a blessing in itself.

**Benefit:**

- As you meditate, allow God to speak to you through the Word, your response is dialogue with God, an essential part of your relationship.
- Responding to the Word brings spiritual growth, and is a result of meditation.
- Your soul will be saved, your mind renewed and transformed.

**Application:** Finish by praying out what you received.