

~MEDITATION (267)

[Hebrew, *ha-ghah*]

.. Wrong Meditation

- The kind of deep, concentrated thinking in which a person seriously reflects on past experiences, ponders and muses over current matters, or thoughtfully contemplates possible future events.
- In order to meditate properly, a person needs to be free from distractions, alone with his thoughts, so to speak. Isaac, for example, went out walking alone in the early evening to meditate, possibly about his coming marriage to Rebekah.
- And Isaac was out walking in order to **meditate** in the field at about the falling of evening. When he raised his eyes and looked, why, there camels were coming! (**Genesis 24:63**)
- It was during the solitude of the night watches that the psalmist **meditated** on the greatness of his Grand Creator.
- When I have remembered you upon my lounge, during the night watches I **meditate** on you. (**Psalms 63:6**)
- The **meditations** of the heart should be focused on beneficial things, on Yehowah's splendor and activities, on things pleasing to him.
- Let the sayings of my mouth and the **meditation** of my heart become pleasurable before you, O Yehowah my Rock and my Redeemer. (**Psalms 19:14**)
- My own mouth will speak things of wisdom, and the **meditation** of my heart will be of things of understanding. (**Psalms 49:3**)
- And I shall certainly **meditate** on all your activity, and with your dealings I will concern myself. (**Psalms 77:12**)
- I have remembered days of long ago. I have **meditated** on all your activity. I willingly kept myself concerned with the work of your own hands. (**Psalms 143:5**)
- Finally, brothers, whatever things are true, whatever things are

of serious concern, whatever things are righteous, whatever things are chaste, whatever things are lovable, whatever things are well spoken of, whatever virtue there is and whatever praiseworthy thing there is, continue considering these things. (Philippians 4:8)

- And not on the devices of the wicked.
- Do not be envious of bad men, and do not show yourself craving to get in with them. (Proverbs 24:1)
- For despoiling is what their heart keeps meditating, and trouble is what their own lips keep speaking. (Proverbs 24:2)
- By engaging in profitable meditation, one will not be inclined to give foolish answers. He will seriously think out these matters of importance, and as a result, the answers given will be from the heart and will not be something to regret later on.
- The heart of the righteous one meditates so as to answer, but the mouth of the wicked ones bubbles forth with bad things. (Proverbs 15:28)
- When Joshua was appointed as the overseer of the nation of Israel, he was instructed to make a copy of Yehowah's Law, and he was told, as rendered in many Bible versions, to meditate thereon day and night. AS, KJ, JB, RS
- This book of the Law should not depart from your mouth, and you must in an undertone read in it day and night, in order, that you may take care to do according to all that is written in it, for then you will make your way successful and then you will act wisely. (Joshua 1:8)

The Hebrew word here for meditate is *ha-ghah'*. It basically means utter inarticulate sounds and is rendered, moan, growl, coo, and mutter.

- Therefore Moab will howl for Moab, even all of it will howl. For the raisin cakes of Kir-hareseth the stricken ones indeed will moan. (Isaiah 16:7)
- For this is what Yehowah has said to me; Just as the lion growls, even the maned young lion, over its prey, when there is called

- out against it a full number of shepherds, and in spite of their voice he will not be terrified and in spite of their commotion he will not stoop, in the same way Yehowah of armies will come down to wage war over Mount Zion and over her hill. (**Isaiah 31:4**)
- Like the swift, the bulbul, so I keep chirping. I keep **cooing** like the dove. My eyes have looked languishingly to the height; O Yehowah, I am under oppression. Stand good for me. (**Isaiah 38:14**)
 - For your own palms have become polluted with blood, and your fingers with error. Your own lips have spoken falsehood. Your own tongue kept **muttering** sheer unrighteousness. (**Isaiah 59:3**)
 - **Ha-ghah'** also has the meanings, **utter in an undertone**, and **meditate**.
 - And let my own tongue utter in an **undertone** your righteousness, all day long your praise. (**Psalms 35:28**)
 - The heart of the righteous one **meditates** so as to answer, but the mouth of the wicked ones bubbles forth with bad things. (**Proverbs 15:28**)
 - The **New World Translation** appropriately renders the **Hebrew** term *ha-ghah'*, appearing in;
 - This book of the Law should not depart from your mouth, and you must in an **undertone** read in it day and night, in order, that you may take care to do according to all that is written in it, for then you will make your way successful and then you will act wisely. (**Joshua 1:8**)
 - You must in an undertone read.
 - Reading in an **undertone** would impress more indelibly on the mind the material on which one was **meditating**. **Gesenius Hebrew and Chaldean Lexicon** [translated by S. Tregelles, 1901, p. 215] says of *ha-ghah'*: **Properly to speak with oneself, murmuring and in a low voice, as is often done by those who are musing.**
 - And let my own tongue utter in an undertone your righteousness, all day long your praise. (**Psalms 35:28**)

- The mouth of the righteous is the one that utters wisdom in an undertone, and his is the tongue that speaks justly. (**Psalms 37:30**)
- Also, my own tongue, all day long, will utter in an undertone your righteousness, for they have become ashamed, for they have become abashed, who are seeking calamity for me. (**Psalms 71:24**)
- And in case they should say to you people; Apply to the spiritistic mediums or to those having a spirit of prediction who are chirping and making utterances in low tones, is it not to its God that any people should apply? Should there be application to dead persons in behalf of living persons? (**Isaiah 8:19**)
- Your own heart will comment in low tones on a frightful thing; Where is the secretary? Where is the one that does the paying out? Where is the one counting the towers? (**Isaiah 33:18**)
- The apostle Paul told Timothy that he should ponder over or be meditating on his conduct, ministry, and teaching. As an overseer, Timothy had to be unusually careful that he taught sound doctrine and that his way of life was exemplary.
- **Ponder** over these things, be **absorbed** in them, that your advancement may be manifest to all persons. (**1 Timothy 4:15**)

•• Wrong Meditation

- After the apostles Peter and John had been arrested by the captain of the temple and the Jewish rulers had threatened them and charged them not to teach further on the basis of Jesus name, the apostles returned to the other disciples.
- These prayed to God, referring to David's prophetic words, saying; Why did nations become tumultuous and peoples meditate upon empty things? Even so, both Herod and Pontius Pilate with men of nations and with peoples of Israel were in actuality gathered together in this city against your holy servant Jesus, whom you anointed, in order to do what things your hand and counsel had foreordained to occur.
- Now while the two were speaking to the people, the chief priests

and the captain of the temple and the Sadducees came upon them. ([Acts of Apostles 4:1](#))

- Being annoyed because they were teaching the people and were plainly declaring the resurrection from the dead in the case of Jesus. ([Acts of Apostles 4:2](#))
- And they laid their hands upon them and put them in custody till the next day, for it was already evening. ([Acts of Apostles 4:3](#))
- With that they called them and charged them, nowhere to make any utterance or to teach upon the basis of the name of Jesus. ([Acts of Apostles 4:18](#))
- So, when they had further threatened them, they released them, since they did not find any ground on which to punish them and on account of the people, because they were all glorifying God over what had occurred. ([Acts of Apostles 4:21](#))
- After being released they went to their own people and reported what things the chief priests and the older men had said to them. ([Acts of Apostles 4:23](#))
- Upon hearing this they with one accord raised their voices to God and said; Sovereign Lord, you are the One who made the heaven and the earth and the sea and all the things in them. ([Acts of Apostles 4:24](#))
- And who through Holy Spirit said by the mouth of our forefather David, your servant, Why did nations become tumultuous and peoples meditate upon empty things? ([Acts of Apostles 4:25](#))
- The kings of the earth took their stand and the rulers massed together as one against Yehowah and against his anointed one. ([Acts of Apostles 4:26](#))
- Even so, both Herod and Pontius Pilate with men of nations and with peoples of Israel were in actuality gathered together in this city against your holy servant Jesus, whom you anointed. ([Acts of Apostles 4:27](#))
- In order to do what things your hand and counsel had foreordained to occur. ([Acts of Apostles 4:28](#))

- The **empty things** here spoken of are shown by the context to be, not the things that people ordinarily seek in life, but things that are devoid of all good actually thinking, speaking, and attempting to fight against Yehowah and his servants utterly futile things.
- And who through Holy Spirit said by the mouth of our forefather David, your servant, Why did nations become tumultuous and peoples **meditate** upon empty things? (**Acts of Apostles 4:25**)
- King David said of those who hated him and sought his death: Deceptions they keep **muttering**, form of *ha-ghah'*, all day long.
- But those seeking my soul lay out traps, and those working for a calamity to me have spoken of adversities, and deceptions they keep **muttering** all day long. (**Psalms 38:12**)
- These **meditations** were not mere passing thoughts. They were deeply rooted in the heart, their inclination being toward that wicked pursuit. The writer of Proverbs says of such men;
 - For despoiling is what their **heart** keeps **meditating**, and trouble is what their own lips keep speaking. (**Proverbs 24:2**)
 - Jesus said to those hating him;
 - But Jesus, having discerned immediately by his spirit that they were reasoning that way in themselves, said to them; Why are you reasoning these things in your hearts? (**Mark 2:8**)
- Of all who would suppress the truth in an unrighteous way, the apostle Paul says;
 - For God's wrath is being revealed from heaven against all ungodliness and unrighteousness of men who are suppressing the truth in an unrighteous way. (**Romans 1:18**)
 - Because, although they knew God, they did not glorify him as God nor did they thank him, but they became empty-headed in their reasonings and their unintelligent heart became darkened. (**Romans 1:21**)