

Volume 1

Books of the Law & History

1 Samuel 19:9

"And the evil spirit from the Lord was upon Saul, as he sat in his house with his javelin in his hand, and David played with his hand." 1 Samuel 19:9

What is the focal point of your meditation? Upon what things do your most predominate thoughts center? King Saul is found with an instrument of war in his hands, meditating young David's murder. David on the other hand is found with an instrument of music in his hand, meditating and singing the praises of God! Your life will ultimately flow in the direction of your most predominate thoughts. It is your responsibility and it is within your power to direct your thought life. "Casting down imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ." 2 Corinthians 10:4-5

When thoughts run unchecked and undisciplined they will always tend to the fallen nature – since Adam's rebellion that is the course of this life. Any dead wood will naturally follow the flow of the river. This should not be so with the Christian. Our meditation is to be on "those things that are above where Christ sits on the right hand of God. Set your affections on things above, not on the things of earth." Colossians 3:1-2.

Dear saint, what is in your hand and upon what is your meditation?

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