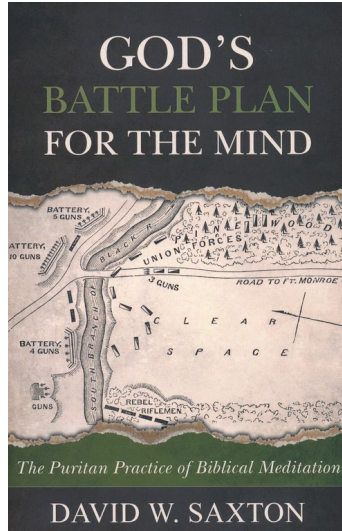


For the Christian, meditating on God's Word--understanding it, thinking deeply on it, considering its implications deeply, and delighting in it--is critically important. Our modern day is characterized by multimedia distractions, sound-bites, and memes. Thus, deep, prayerful, and purposeful thinking on the Bible (i.e., meditation) is often neglected. The Puritans, on the other hand, were marked by a commitment to this spiritual discipline. It bore great fruits in their hearts and lives. Biblical meditation is not emptying of the mind (as modern mysticism holds) but a filling it with God and His Word.



God's Battle Plan for the Mind: The Puritan Practice of Biblical Meditation has been a uniquely helpful book for me. Saxton Doesn't merely write a book about the Puritans' view and practice of Biblical meditation. Rather, the book is full of well-organized quotations from these time-tested saints of centuries past (including Watson, Edwards, Calamy, Baxter, Boston, Charnock, Hooker, Manton, Bunyan, Owen, Flavel, and many others) with very accessible comments and explanations. "The goal of this book is to convince God's people of the absolute necessity of personal meditation. This book will motivate the believer to begin this work; teach practically how to meditate on divine truth; and guide in right patterns of thinking throughout the day." (2).

Mission accomplished. I have read this book multiple times over the last few years and have found this to be the result in my life. If you commit to reading *Battle Plan* and applying its precepts, I believe its contents will prove to be a landmark turning point in your life and the way you interact with God's Word.

— Jacob Hantla, Pastor/Elder

His delight is in the law of the LORD and on his law he meditates day and night
Psalm 1:2

Oh how I love your law! It is my meditation all the day
Psalm 119:97

Suggested One-Month Reading Plan
(Average 6 pages per day)

Week 1: Monday February 7th - Sunday February 13th

Forward, 2 pages

Ch.1 - The Importance of Recovering the Joyful Habit of Biblical Meditation, 14 pages

Ch.2 - Unbiblical Forms of Meditation, 9 pages

Ch.3 - Defining Biblical Meditation, 8 pages

Ch.4 - Occasional Meditation, 12 pages

Week 2: Monday February 14th - Sunday February 20th

Ch.5 - Deliberate Meditation, 5 pages

Ch.6 - The Practice of Meditation, 14 pages

Ch.7 - Important Occasions for Meditation, 9 pages

Ch.8 - Choosing Subjects for Meditation, 19 pages

Week 3: Monday February 21st - Sunday February 27th

Ch.9 - The Reasons for Meditation, 9 pages

Ch.10 - The Benefits of Meditation, 10 pages

Ch.11 - The Enemies of Meditation, 13 pages

Ch.12 - Getting Started: Beginning the Habit of Meditation, 4 pages

Conclusion: Thoughts on Meditation and Personal Godliness, 6 pages

QUOTES

"The battle against sin starts in the mind—the thoughts or what one dwells upon. This is why meditation is so important. It is God's ordained plan for biblical thinking, renewing the mind, overcoming sin, and thus growing in greater Christlikeness." (133)

"As the heart is, so will be the thoughts. An unconverted person—a natural person—will also have reflections, but these are consistent with his nature. Everyone meditates on something, whether it is right, wrong, or neutral. . . . What a person habitually chooses to daily meditate on reveals his true spiritual condition." (15)

"Biblical meditation does not seek to empty one's thoughts. Rather, it seeks to fill one's thoughts with Scripture, fastening them to the objective truths of God's Word. . . . thinking God's thoughts after Him" (20)

Thomas Watson: "Meditation without reading is erroneous; reading without meditation is barren. (60)

Edmond Smith: "Meditation in all circumstances ought to be geared toward stirring up our feelings for the things of God, to the point where we delight in them, and seek the Father in prayer as we apply the truth to our hearts." (108)