



# Growth Through Meditation

## 1 Peter 1 and 2

If you have not gone through the Introductory Basis Lessons teaching on the different facets of Biblical Meditation, please consider this first to get the most out of the following lessons.

Meditation in the Word has many benefits. One is that you will grow in the Word and develop spiritual maturity. In meditation you do not just read the Word, you apply it personally, receive it into your inner most being where what you meditate on can be reproduced in your own life.

### Growing in the Word, 1 Peter 1 and 2

**Context:** Peter's letter is to the dispersed, scattered new believers throughout Asia Minor in cities of the Roman Empire. Peter likens them to the exiled Jews in the Old Testament and points them to the Word of God for growth and maturity. This applies to you today.

#### 1 Peter 1:22

**"Since you have purified your souls (mind, emotion, will) in obeying the truth through the Spirit in sincere love of the brethren, love one another fervently with a pure heart,**

**v23 having been born again, not of corruptible seed (that perishes) but incorruptible, through the word of God which lives and abides forever,**

**v24, 25 because 'All flesh is as grass and all the glory of man as the flower of the grass. The grass withers and its flower falls away, but the word of the Lord endures forever.'"**

The first **word** (v23) is logos, all of God's word and **word** in v25 is rhema, the specific spoken word through which they were saved, born again. God's word has supernatural power first to save, deliver from the rule of Satan and now to keep His people and cause them to grow to maturity as witnesses of their new life in Jesus.

#### 1 Peter 2:1

**"Therefore. laying aside all malice, all deceit, hypocrisy, envy and all evil speaking,**

**v2 as newborn babes, desire the pure milk of the Word, that you may grow thereby,**

**v3 if indeed you have tasted that the Lord is gracious."** Love for God's Word and the things of God is a mark of a believer.

The illustration is to first deal with sin, so the Word, this incorruptible seed can be planted in the soul, to "save" the soul, to change thoughts and resulting behavior so you become living testimonies to this new life. (much like James 1:21)

Malice is malignant anger, deceit is lies, hypocrisy is pretending, envy is to begrudgingly desire what others have, evil speaking is backbiting, defaming others. Desire the pure milk of the word that brings growth. Desire the Word of God and depend on it as much as a newborn for your new spiritual life. Ask for a love of the Word.

In your spiritual growth there is a time for the “meat” of the Word.

Hebrews 5:12-14, Paul is encouraging growth in the Word of God.

**v12 “For though by this time you ought to be teachers (sharing with others), you need someone to teach you again the first principles of the oracles (sayings of Scripture) of God; and you have come to need milk and not solid food.”**

**v13 “For everyone who partakes only of milk is unskilled in the Word of righteousness, for he is a babe (immature).”**

**v14 “But solid food belongs to those who are of full age (mature), that is, those who by reason of use (practice) have their senses exercised to discern both good and evil.”**

It is unseemly to desire milk when you should be old enough for solid food. There is a time for the discernment that comes through the Word. The Word is to become your measure of truth.

God deals with you as an individual regarding solid food, the meat of the Word. He trains us individually. What he tells you at a particular time might not necessarily apply to another. God will speak individually to you about issues in your life depending where you are in your spiritual growth.

**Application:** Pray the insights you receive. Your prayers will touch others and benefit you as well.