

Meditative worship

*I will love thee, O LORD, my strength. The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.
Psalm 18:1-2*

Here is an example of proper meditation. As one of the psalms that has a rather extensive explanatory heading, we are told that David wrote this upon the occasion of deliverance from all his enemies, and, in particular, from Saul. His first response is to remember his love for the LORD as he contemplates that He is his strength, especially in the face of his enemies. Then David is drawn by that simple yet profound thought to enumerate the facets of that strength that the LORD supplies.

He moves first to one of his favorite expressions with respect to the strength and protection of the LORD – his rock. This does not mean a stone that is thrown, but rather a lofty, craggy rock that provides a place of protection. He expands on this meaning by adding that He is his fortress, like a castle or strong place of defense. Then, as he contemplates this place of protection provided by the LORD, he recognizes the LORD his deliverer, as His protective hand delivered him from Saul and other enemies. He then must stop to recognize that the LORD God - Jehovah, the almighty God and creator of all, is his own God. As such, as he reiterates the delivering strength from God, he reminds himself that he must trust in his God. He can trust Him for protection just as assuredly the soldier would hold up his trusty buckler – the shield worn on the forearm in hand-to-hand combat – against the strikes of an enemy. Then, as the powerful horn of a beast so endowed provides its deliverance, so David remarks that the LORD is his own horn of salvation from his enemies. He finishes this list of facets of God's personal deliverance with the metaphor of a high tower, which provides a place of refuge, as well as defense from the most strategic vantage point.

Let us learn from David the proper attitude and art of meditation and worship. In consideration of a single aspect of His nature for which we ought to be grateful, we can allow the preponderance of the LORD's related attributes to reverberate in our minds, hearts, and souls, to amplify our worship, praise, and adoration of His excellence.