

## MEDITATIONS IN THE NIGHT

**"My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips, when I remember Thee upon my bed, and meditate on Thee in the night watches."**

**– Psalm 63:5,6.**

BY THE expression as to satisfying his soul with marrow and fatness, the Prophet David evidently referred to the abundance of God's favor and blessing which had come to him. He had a large portion, a fat portion, and appreciated God's goodness, God's favor toward him, taking him as a shepherd boy from among the flocks, and privileging him to engage in His service and finally bringing him to the throne as the king of Israel. For all this he was very grateful to the Lord. He appreciated all of God's blessings. It was appropriate that his mouth should give praise, that he should be joyful, that he should speak of the Lord's loving-kindness. So we find in the Psalms of David many beautiful expressions in which he gives great praise and thanksgiving to the Almighty. He speaks also of God's majesty, of His wondrous power and might, and refers to the heavens as His handiwork.

The Prophet certainly used his tongue to praise the Lord. When we consider that he lived in a time when schooling was limited and that he got very little of it, we realize that he certainly made good use of what he obtained. The fruit of his labor has come down to bless the world all through the centuries. He intimates that he did this singing or praising God to some extent in the night – "when I remember Thee upon my bed and meditate upon Thee in the night watches." In ancient [R5785 : page 312] times the people were more dependent upon the moon and stars for light at night, not having as we have today full provision for illumination by means of refined oil, gas, electricity, etc. Mr. Rockefeller had not yet been born, nor modern inventions dreamed of. They were dependent for

artificial light upon olive oil, and that was not very plentiful. As a consequence, the people went to bed early. So King David was thinking upon the Almighty as he lay upon his bed, meditating upon God – he was not thinking foolish thoughts, not planning foolish doings. When we think of this, we are not surprised that his mind was full of beautiful thoughts.

## **NOBLEST SUBJECT FOR MEDITATION**

Whoever has time for meditation, will receive a great blessing if his thoughts shall turn toward the Almighty, acknowledging His goodness, seeking to give praise to God for all His manifold mercies, meditating upon God in the night watches. As far as this verse is concerned, we see no reason for thinking it prophetic; yet it represents any who are seeking to be in harmony with God. There are millions of people in the world who have never heard of God's wonderful Plan; therefore our mouths should be used in praising God. We should be continually remembering the Lord in all of our moments of rest, whether upon a bed, or wherever it may be. We should cultivate the habit of meditating upon Him. We think very few people meditate upon the Lord; and it is to their disadvantage that they do not.

The great and holy Laws of God find expression in Him. We should think of God as the personification of all that is just, loving, kind, wise, in character and principle. This should stimulate us to be like Him. The more we appreciate a noble character the more we desire to emulate it. The more we see of God's mighty works in nature and His mercies toward us, in that same proportion our hearts and lips will praise Him. If there is a prophetic thought connected with this passage, it is that all through the Dark Ages, all through the night time of this Age, God's faithful people have been praising Him. All of His true people have been praising Him and have done so with joyful lips. Those who have not been doing this are not of this class. We should, therefore, render praise to our God. We

should meditate more and more upon His Holy will and ways, and strive to conform ourselves thereto. Thus shall we become more and more like unto our Father in Heaven.

