

Adonaic Meditation

How happy is the man who does not follow the advice of the wicked, or take the path of sinners, or join a group of mockers! Instead, his delight is in the LORD's instruction, and he meditates on it day and night. He is like a tree planted beside streams of water that bears its fruit in season and whose leaf does not wither. Whatever he does prospers. - Psalm 1:1-3
HCSB



Adonaists (those who worship Christ as Lord, Adonai) believe that the practice of meditation is advocated in the Scriptures. The vast majority of Scriptural teaching on the practice of meditation being found in the Old Covenant, Cultural Christians, because of their evident disdain for the truths found there, have largely forsaken this vital discipline.

In the Old Testament, there are two primary Hebrew words for meditation: *Haga*, which means to utter, groan, meditate, or ponder; and *Sihach'*, which means to muse, rehearse in one's mind, or contemplate.

Therefore, we immediately discover that meditation can be divided into two broad types: emotional and intellectual. In the emotional, we try to simply sit in the presence of the Master and enjoy His presence. In the intellectual, we try to understand what Adonai has said. We take a passage of Scripture and roll it around in our minds, trying to grasp, not only it's meaning, but how to apply it to our lives.

Obviously, this means that meditation as understood by Adonaic Christians and meditation as understood by Buddhism or Hinduism are completely different animals!

Those who practice false meditation seek to empty themselves of all thought, leaving themselves blank and open to any outside influence regardless of its source. Adonaists seek instead to be filled with the teaching of the Holy Spirit.

False meditation focuses on the self, turning inward and elevating all experiences that excite the ego with bright lights, warm, enveloping "presences" and other ecstatic experiences. Adonaists focus their thoughts on Hashem and His Word.

False meditation encourages the practitioner to empty the mind and stop thinking. Adonaic meditation encourages the practitioner to think harder about what the Lord God has said.

False meditation teaches that to find peace one should simply quit thinking about stress and instead focus on our mantra. Adonaism teaches that to find peace in stressful situations we should seek how to better obey what our Master has commanded. We are instructed to meditate on the wonders of our God and realize that no matter how bad our situation is, we have a God who is capable of rescuing us – even from death itself!