

Preparation Meditation Model One

Genesis 24:63 - *And Isaac went out to meditate in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.*

The focus of this meditation is the preparation for a new day. Many of us spend too much time replaying the moments of our past. After failing to achieve a set goal or objective can be challenging to look ahead and move on.

The moment the sun sets on a day of success or failure, we must begin preparing for what is next. Isaac is our character reference in this exercise, and we find him in a moment of transition at sunset (eventide) with just enough light to navigate into an open field. No evidence of the passing day lingers on him as he seeks a place for meditation. Represented by the open field, his imagined possibilities for what is next in his life are boundless.

Far removed from distractions and interruptions, he is quieted from the noises of the day; the quiet allows his other senses to be heightened. In the low light, he can see the caravan of camels approaching.

His eyes are lifted. His vision is elevated above his surrounding environment. To see what is next, we must be able to raise our vision. His senses were focused in the right direction to capture a glimpse of something unexpected. Isaac didn't arrange to meet the camels that were approaching him. He was unaware of the adventure his father assigned to the servant tasked with finding a wife for Isaac. He was expected to be present in the place God assigned to him rather than wandering around trying to find God's blessing.

We are used to organizing and planning our weekly or daily schedule. We assign tasks to specific calendar dates, set deadlines for targeted goals, and hold high expectations for personal milestones attached to fixed due dates. We should avoid pursuing chance and instant gratification and instead settle into our assigned place and purpose, allowing provision to find us.

This event in the life of Isaac is the first formal reference to meditation in the Holy Scriptures. The description of Isaac's mannerisms makes it apparent that going out into the field at sunset (eventide) was a practiced discipline and not something out of the ordinary.

He was thoughtfully preparing himself for the oncoming new day. A new day is the introduction to a new segment of time. The Hebrew day begins anew at sunset. The eventide (sunset) is the transition moment that initiates the new, leaving behind the old. Isaac entered the open field to meditate and prepare himself for transition.

In meditation, he could listen to God and reflect upon His truth. Meditation is also self-talk, subscribing to the practice of repetitive murmuring to affirm statements of truth for encouragement. David referenced self-encouragement while in duress due to a perilous threat. He spoke words of encouragement to himself while in danger of being stoned to death. (1Samuel 30:6)

To embrace the new day, we must fully release the past and its events, including good and bad experiences and outcomes of success and failure. We cannot let our negative experiences prevent us from embracing our positive potential or allow our great victories to inflate our egos to move forward without God. Every day must be reset with the faith required to believe in God for the oncoming day – no matter what.