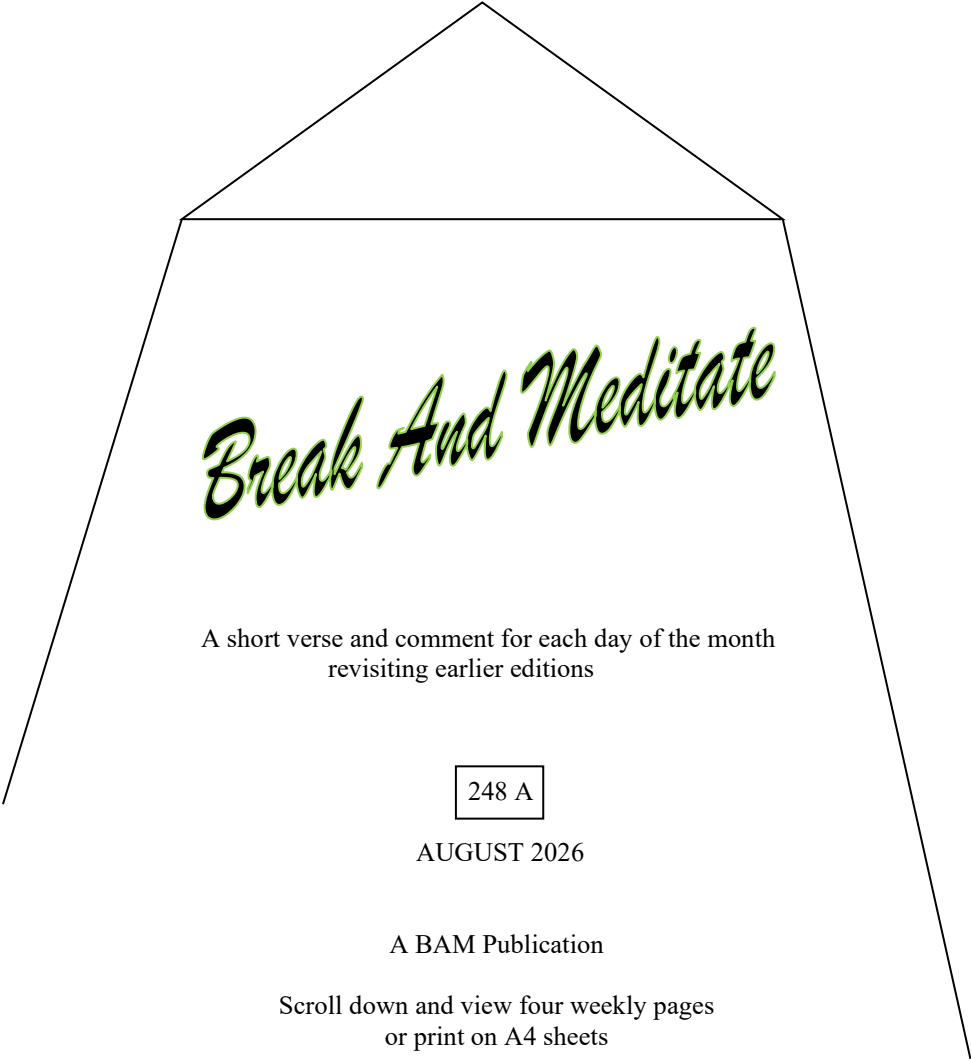




Break And Meditate

A short verse and comment for each day of the month
revisiting earlier editions

248 A

AUGUST 2026

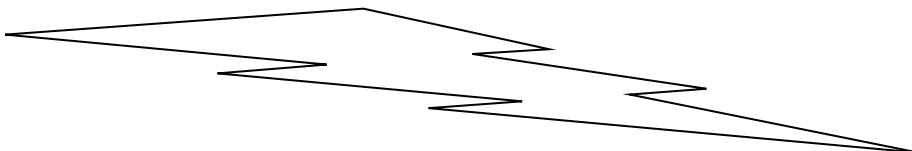
A BAM Publication

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AUGUST 1

"I have ordered the ravens"

I Kings 17:4 (NIV)

It gives 'pigeon post' a whole new meaning! Elijah was on a mission and the Lord provided food for him by raven carrier. It shows us that the Lord is well able to look after His people even when 'normal' means are not available. Elijah's obedience meant he experienced God's provision in an extraordinary way. Sometimes our liking for creature comforts can prevent us from experiencing the Lord in new ways. Living in a rich part of the world means that we have many things that we take for granted and that can tie us down. Sometimes we make them an unspoken condition in our service for the Lord. Well Elijah didn't and it meant that he was ready to get up and go. Maybe he has something to teach us.

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AUGUST 2

"leaving her water jar"

John 4:28(NIV)

What a difference! This woman came to draw water, but left her water jar at the well. She came carrying the cares of life, but left with the joy of salvation. Her need for water was like her thirst for life and it had run dry, just like her jar. In her conversation with Jesus, something happened deep within her and she became a new woman. Leaving her water jar reflected the leaving of her old life. Both were left with Jesus. She had met Messiah Jesus and she was not the same lady. She encountered the One who has living water and she received freely. All who come to Christ today can leave their old life with Him and receive real forgiveness, joy and peace. These are things that the world does not have to give.

AUGUST 3

"Is the Lord's arm too short?"

Numbers 11:23(NIV)

Not only in Moses' day but this is a question asked when we face situations where we fear God cannot or will not work. On this occasion it arose when the people faced a wilderness journey without any obvious supply of food. They did not know that God was to support them for 40 years. We cannot criticise them, though they had already seen God's miraculous provision in their Exodus from Egypt, for we are very much the same today. We have the clear promises of Scripture that God will supply all our need and the testimony of His followers down the years bears out this. The disciple does not know what will be demanded of him or her but can be sure that God's supply is exhaustless, He delights in His children and His arm brings their salvation.

AUGUST 4

"May we know ...?"

Acts 17:19

The disciples of Jesus should welcome the opportunity when someone asks the reason for the hope that he or she has. Being asked suggests a recognition that there is something real about the life of the Christian: also a consciousness of something lacking in the questioner's life. This is also a question asked by someone under conviction of the Holy Spirit and it is good when they feel you are the person to be asked. Folk find the Lord when questions like this are answered and it is words from the lips of one living or working alongside them that are the most telling. Paul had been reasoning in the synagogue and market place for some days before this question was asked. May our lives be living testimonies and we be ready to give the answer.

AUGUST 5

"be merciful, just as your Father also is merciful"

Luke 6:36(RAV)

Mercy is something given to the undeserving. Those who realise they do not deserve it find it freely given when they ask for it. The good news of the gospel is a message of mercy. Is it a failure of the self-examination we undertake from time to time that we do not ask, "Have I been merciful?" If you have been a good employee it is likely you have kept the terms of your employment to the letter: if a good citizen that you have been law-abiding. If you have been a true follower of Jesus you will have shown mercy. This is a demand upon us we often ignore. When you meet a genuine cry for mercy today, be like your heavenly Father and be merciful.

AUGUST 6

"He did not know what to say"

Mark 9:6 (NIV)

Peter who had something to say on every occasion now was speechless when they were on the Mountain of Transfiguration and witnessing the divine glory of Jesus. This will always happen when we see the Lord in His glory. Human eyes cannot gaze on the heavenly splendour, but it is a great moment when we are allowed a glimpse of who the Lord is. Not knowing what to say doesn't really matter. The need is to sanctify the Lord God in our hearts and to draw spiritual strength from whatever He shows to us. Better to keep quiet until He touches our lips with cleansing fire of the Spirit and sends us forth into a world that needs the message of the gospel.

AUGUST 7

"Hezekiah trusted in the Lord, the God of Israel"

II Kings 18:5 (NIV)

Trust in the Lord means that person is in contact with the Lord and taking instructions from Him. It is something that affects one's entire behaviour. No longer self-centred, but Christ-centred. Hezekiah's life as he grew into the office of King had problems and he was still guilty of making mistakes. But his trust in the Lord gave him a special relationship. It was like a lifeline through which he was able to receive guidance and instruction. And a link that gave him strength when the going was tough. When those with him saw his faith was in the Lord they respected and heeded his counsel. All this is a blessing that all who seek the Lord may have today.

AUGUST 8**"What wisdom is this that has been given him?"**

Mark 6:2(GNB)

When the people in His hometown heard Jesus speak they were amazed. You would expect Jesus' teaching to be wonderful if you knew who He was. They found His words wonderful even when they did not know this.

It's the same today. Whether you know Him, love Him and serve Him, or whether you hear for the first time what He says and how He says it, it is amazing.

He knows all about you, for He made all things: He knows your situation and how you feel about it all, because He is omniscient:

His words are as though specially chosen for you because He is intensely interested in you.

His is just the wisdom you need - guidance, enlightenment, comfort, peace. Take His counsel and receive His gift.

AUGUST 9**"afflicted? let him pray"**

James 5:13

The Apostle James does not suggest we complain when afflicted, though this may be a natural reaction and there are usually many folk around who are ready to advise us on how to go about making a complaint.

He does not give the slightest suggestion that when afflicted we should give up or give in, though too many do seem to buckle when under pressure. Neither does he tell us to consider carefully whether we are in the right place when afflicted.

He says, quite simply "let him pray" that is, "talk to the Lord about it". If we did this more often we might understand a little clearer and even learn to rejoice in afflictions. So when next you feel afflicted, try praying.

AUGUST 10**"he who refreshes others will himself be refreshed"**

Proverbs 11:25 (NIV)

Along life's way as you help others you will yourself be helped. The best refreshment that can be offered is the good news of the gospel presented to you by a life that bears witness to its truth.

It is often not a rest or a change we need but the deep joy of sharing our faith with those in need. If you feel the need of refreshment, carry something for others to put to their lips.

If you put others' needs first you may find your need already met when you get around to attending to it.

Give your life to the Lord and know His guidance each day. The Lord's attention is directed to the small things as well as the great.

Let there be a refreshment area in your day.

AUGUST 11**"I will give you thanks, for you answered me"**

Psalm 118:21 (NIV)

I think we forget to give thanks for answered prayer all too often. We are like the nine lepers whom Christ healed but did not return to give thanks. Let us not think for one minute that they were not grateful - they were overjoyed, no doubt, but they did not have time to return and give thanks.

Without consciously meaning to do so we can be guilty of the same. We adopt the attitude that if the Lord knows we are grateful, that is enough. Rather let us thank God for the blessing first, and then enjoy it all the more.

We need to give thanks in all things. We need to make all further requests with thanksgiving. Thank the Lord for who He is, for what He has promised, for the revelation of His love to you by the Spirit. Resolve to give Him thanks today!

AUGUST 12**"who sets his heart on seeking God"**

II Chronicles 30:19 (NIV)

It's an interesting situation here. In their enthusiasm to celebrate Passover, many of the Israelites had not purified themselves according to the Mosaic law. This put them under the condemnation of that law. But Hezekiah's prayer highlights the importance of the heart over ritual and rules. In sharp contrast, on many other occasions, the Israelites fulfilled the laws but their hearts were far from God. It can be true for us. How easy it is for us to allow the external matters to become more important than matters of the heart. God is looking for people whose hearts are right before Him. After all, a right heart will, given time and encouragement, learn the right way.

AP

AUGUST 13**"You must be born again"**

John 3:7(RAV)

You had no hand in arranging your birth! You were born to begin this life: you must be born of the Spirit to begin a life when the Holy Spirit comes within you.

The first birth will start you off in a life that will end in death. The second birth will admit you to the true family of God as His adopted child.

There are certain faculties you have at the second birth that were non-existent at the first. You have the power of decision, the gift of faith, a consciousness of your need for God and a desire to ask His forgiveness and you may accept His pardon and gift of eternal life. Nicodemus had these qualities though he needed help in realising his true condition. You, like him, need to know that whoever you are, you must be born again.

AUGUST 14**"abound more and more"**

I Thessalonians 4:1

The Christian life and experience is never-ending. You never reach the limit, there is always something more. More to do, more to discover, more to grow, more to achieve.

When there is snow on the ground you make a small ball of snow into a large one by rolling it in more snow. If you would abound more and more in the love and knowledge of God you must immerse yourself in God's love more and more.

Though you think you'll never make it, you will. The Lord will enable you to do great exploits in His Name as you reach out. And He will not call you home until your mission on earth is completed.

The ocean of God's love is measureless: you will never run short of resources!

AUGUST 15**"whoever trusts in the Lord is kept safe"**

Proverbs 29:25(NIV)

This is because permanent safety is only found in the Lord. Other persons or things may provide temporary shelter. Some measure of safety may be achieved by effort, but it is those who flee to the refuge provided for them in Jesus who know true peace.

This is something that can be yours today. Things may happen today as never before: you may be conscious of your own weakness or inadequacy. Worst of all you may not be sure you know how to trust the Lord.

Leave the matter in His hand: dwell upon His promises: look to Him for wisdom: call upon Him for help. Tell Him your trust is in Him and thank Him for this promise that you claim.

AUGUST 16**"The crowd rebuked them"**

Matthew 20:31(NIV)

The proverb says that in the multitude of counsellors there is safety. On the other hand, the majority is not always right especially when dealing with heavenly things. This is clearly seen in the case of the two blind men who cried out to Jesus as He left Jericho.

There was a large crowd with Jesus and this crowd rebuked the blind men and told them to shut up. They felt they were disturbing the peace and would be an embarrassment to Jesus.

Never belong to the crowd that thinks that way.

Jesus receives those who come to Him in need and blesses them. Our part is to encourage and not discourage people to come.

They need encouragement if they would know what Jesus will give them.

AUGUST 17**"Hate what is evil; cling to what is good"**

Romans 12:9 (NIV)

These two injunctions are part of a series of commands that Paul gives to the Christians in Rome. The Greek for 'hate' means 'to abhor', to have a horror of. It speaks of shrinking away from that which will do us harm. We cannot be passive about evil all around us. We must actively step away from and avoid that which is evil. In contrast the word cling or cleave speaks of being 'glued to' or 'set on attaining' something. Again, it is not passive but active and as God's people we are to be going after those things that are good. Since evil and good are opposites, going after the one (good) will result in moving away from the other (evil). The choice is ours. The consequences couldn't be more different. Let's make the right choices today.

AP

AUGUST 18**"the will of the Lord will prosper in his hand"**

Isaiah 53:10(NIV)

This is the third benefit the prophet tells us will result from Christ offering Himself for our sin. The first is to "see his offspring" - those who would be called Children of God through faith in His Name. The second is that the Lord would "prolong his days" - no more the limitation of a life ended by an untimely death, but raised to die no more.

And thirdly the will of the Lord will prosper. That is what is happening now. God's will is done. We cannot see or understand because we do not know all, but the plan of the Sovereign Lord cannot be retarded or put off course. God's will prospered mightily when Christ died for our sin. Jesus removed all that hindered the faithful from coming back to God. He is the door and holds the key and whosoever will may come.

AUGUST 19**"My mother and brothers are those who hear God's word and put it into practice"**

Luke 8:21(NIV)

The family of God, the true church of Jesus Christ, is made up of those who have repented of their sin and are trusting Christ and Him alone to save them.

Some in the crowd were telling Jesus that His family could not get to Him and that made Him say these words.

Born of the Spirit, or born of God, is a relationship every bit as real and valued as an earthly family tie. In fact, it is more so because it is sealed by the precious blood of Jesus.

We must note that it is not those who only hear the Word of God or even those who hear and understand, but those who put it into practice.

So the important question for me and for you is 'Am I?' 'Are you' putting our/your faith into practice today?

AUGUST 20**"Manoah did not realise that it was the angel of the Lord"**

Judges 13:16(NIV)

And we can entertain angels unawares.

Manoah's wife called him to see a man who looked like an angel who was visiting her for the second time and promising she was to give birth to a son.

The two had quite a lengthy exchange and Manoah tried to detain him to eat with them but the visitor ascended in the flames above the rock altar and was seen no more. It was only then that Manoah realised it was an angel.

Angels must visit unrecognized many times. Our need is to hear their message rather than recognise their appearance. Manoah asked his visitor for his name, but it was not given him. Whether known or not, let us receive God's word for our life.

AUGUST 21**"Come out of the man, unclean spirit"**

Mark 5:8(RAV)

The demon-possessed man living among the gravestones of Gadara illustrates the grip of the devil; the miracle shows the wonderful deliverance and healing that Jesus imparts.

The fact that this man came running to Jesus indicates that he wanted to be delivered. The words of the man indicate he had a legion or nest of demons within him.

The command of Jesus shows us both His desire to deliver those who would be free and the authority He has to deliver them.

That man is an extreme case and the record of his encounter with Jesus is made to assure us that Jesus is ready to deliver all who are enslaved by evil. Not looking for a way to free oneself but calling upon Jesus is what is needed.

AUGUST 22

"but their heart is far from me"

Matthew 15:8

Jesus applied Isaiah's words to His generation, so we might apply them to ours. Truth expressed in earlier generations is repeated today.

The music may be sacred, the words worthy and sincere, but what is the state of the heart? Is it not in the heart that attention needs to be given? Reviving the spiritual heart must be a work of the Holy Spirit.

Callousness can at times be so severe that the sufferer finds it difficult either to pray or to believe.

Penitence or repentance is not a quick fix. It is heart searching and quite painful.

To turn a heart from death to life and raise a vision of eternal life is something only God can do!

AUGUST 23

"Save us, O Lord our God"

Psalms 106:47

The reason the Psalmist gives for this request should be an example for us all. He wanted the salvation of the Lord to be seen as He gathered His people. They were gathered from the heathen to give thanks unto the holy Name of the Lord and to triumph in His praise.

It should be the earnest desire of all God's people to be united before Him in thanks and praise. He has called His children from every nation and all corners of the earth. Many are called upon to suffer deprivation and distress: some even to give their lives for the sake of the gospel.

The universal cry is "Save us, O Lord." This is a cry that is heard and will be answered in a glorious way when all creation shall see the triumphs of His grace.

AUGUST 24

"Two are better than one"

Ecclesiastes 4:9 (NIV)

This book gives a balanced view, but sometimes seems to disregard spiritual insight, and so it reaches the conclusion that many things are meaningless. We can let today's verse serve as a good reminder. Two are better than one because they can give a good return for their work.

If there are two and one falls down his friend can pick him up. Two lying together can keep each other warm. And while one may be overpowered, two can defend themselves.

Also, we recall that Jesus sent out His disciples to preach and evangelize in twos. We do well to look for support and fellowship in a friend and while some plough a lonely furrow, God saw it was not good for man to be alone.

AUGUST 25

"they supposed that they should have received more"

Matthew 20:10

They thought they knew what would happen. Their thought about payment was in their own interests. They laboured in the harvest field and wanted to set conditions as though they owned it.

They reached an agreement for a day's pay and then were not satisfied.

Their concern was for the wage not the master who had given them the opportunity to work. They did not see that it was the Master's prerogative to do what he would with his own. So it is with the true servants of the Lord. Come to Him, receive His grace and favour, become united with Him in love for what He has done for you and comparison with others will not concern you.

AUGUST 26

"A man's steps are directed by the Lord"

Proverbs 20:24 (NIV)

This is not to be confused with a Psalm which says 'The steps of a good man are ordered by the Lord'.

This proverb is directed to any and every life. God is in control working silently yet very purposefully. God does not often share what He is doing and so the writer asks, how can anyone understand his own way?

We sympathize with Job, who suffered at the hand of God. Deciding not to believe in God or ignoring any responsibility toward Him does not alter the truth that the Lord is directing all things.

Though not understanding very much about the route our life is taking, it is very good if we can seek the Lord and walk in step with God who directs our steps.

AUGUST 27

"they sung as it were a new song"

Revelation 14:3

They sang a hymn before Jesus went with His disciples to the Mount of Olives. Paul and Silas sang in the Philippian jail at the midnight hour. Disciples of Jesus have continued in every generation since.

All this singing will fade to a whisper in the presence of the redeemed of all ages in the heavenly choir exalting the praise of the Lamb.

Those depicted in this chapter follow the Lamb (Christ) wherever He goes. They were redeemed by the blood, called to be saints, a special entourage and having the Father's name written on their foreheads.

And all of them were singing. No silent voices in the heavenly choir! Practicing now is not out of place.

AUGUST 28

"You are trying to destroy a city that is a mother in Israel"

II Samuel 20:19(NIV)

Those are the words of an unnamed woman who called to Joab and prevented him from destroying a city for the sake of the troublemaker, Sheba, who had fled there. Sheba led an insurrection against David and now by her action stopping Joab, this woman is described as 'a wise woman'.

Joab was building a siege ramp to use against the city and using a battering ram against the walls.

She told Joab that this was a peaceful city and asked why he wanted to destroy it. She would arrange for Sheba to be executed within the city when the case against him was made known. This she did and prevented destruction.

We need to stop sometimes and listen to wise counsel when offered to us.

AUGUST 29

"His head was brought in on a platter and given to the girl, who carried it to her mother"

Matthew 14:11 (NIV)

A scene made more evil by the girl having to take John Baptist's head on a plate to her evil mother.

This was not John Baptist. Angels had carried the greatest of men, as Jesus described him, into the presence of God. It reminds us that this world is filled with scenes of untold misery and injustice, not to mention disease and famine.

Such events and the knowledge of these cause us sorrow, not least because there is nothing we can do about it. But we can know that on the darkest night, in the severest trial in the most evil environment, the praises of the Lord can ascend. We must not let the sight of John's head carried in this way detract from our thanks and praise to God for this fearless giant of a man of God.

AUGUST 30

"they do not even know how to blush"

Jeremiah 8:12 (NIV)

Blushing reveals what is unseen but deeply felt. It may be out of embarrassment, modesty or shame. But it shows that there is some measure of morality within a person. The prophets and priests of Judah felt no shame. Their greed and selfishness had dulled their sense of right and wrong so that they no longer blushed at their actions. This had happened gradually. Their godliness had been eroded and they chose what was popular over what was right. It's happening within our society and it is easy to be swayed by fine argument and clever reasoning. As the Church of Jesus, we must not lose the ability to blush, for our own as well as wrongs of our world. It's a God-given safety valve and helps us to repent and turn back to Him.

AP

AUGUST 31

"Do you know that the Lord will take away your master from over you today?"

II Kings 2:5(RAV)

The school of the prophets obviously had some sceptical and cynical students among them. They delighted in raising doubt and prophesying gloom and so railed on young Elisha that he was going to lose his master, Elijah, so whatever would he do.

Good for Elisha that he told them to shut up. The same should be meted out to all prophets of gloom. Their depressing attitude knows no bounds - what will happen when the leader dies, how will you get on when the storm of persecution is upon you, will you be like those who fail to make it?

The answer to all these questions is that God will continue to work out His purposes through succeeding generations. The mantle of 'Elijah' still falls on 'Elisha' when needed.

Quotations used in this document are from the Authorised Version of the Bible unless indicated by one of the following:

RAV – Revised Authorised Version
(Samuel Bagster 1982 Edition)

NIV – New International Version
(1984 edition NY Bible Society)

GNB – Good News Bible

RSV – Revised Standard Version

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