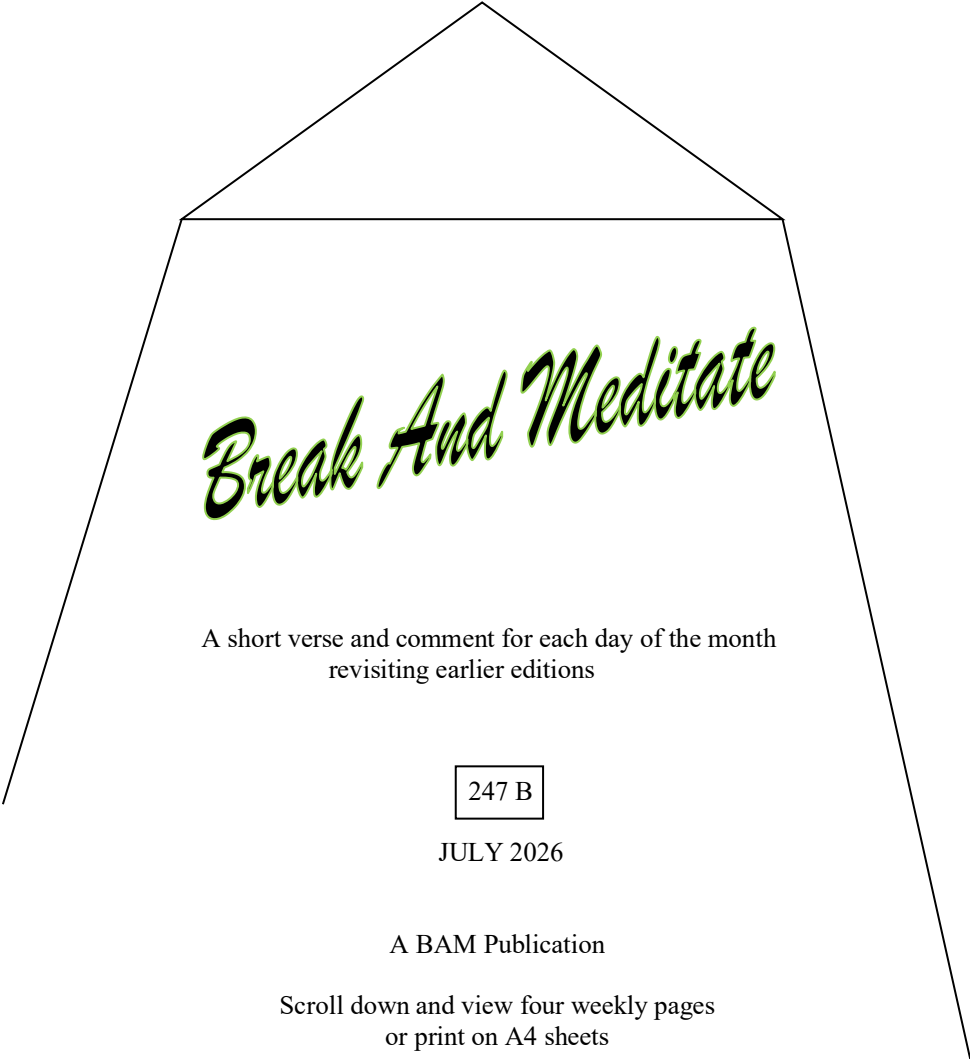




Break And Meditate

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

247 B

JULY 2026

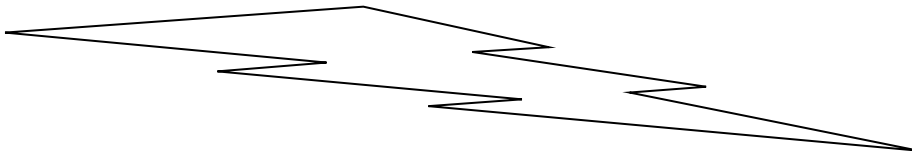
A BAM Publication

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JULY 1

"there is no discharge in that war"

Ecclesiastes 8:8

The writer is referring to our engagement with the last enemy, death. In any other war a soldier can be discharged and take no further part, but not in this war.

Throughout life there may be a series of successes: a person may feel able to cope with anything that might happen. When life is in full swing the final battle of death seems too distant to contemplate.

There may be no discharge but Jesus gives us the assurance of success. To those whose trust is in Him He promises that though he is dead yet shall he live.

It is appointed for us all to die but for some death has lost its sting. To those who are saved it is a very thin veil through which they pass into the presence of the Lord.

JULY 2

"they neither marry, nor are given in marriage"

Mark 12:25

Jesus was describing those who would be in the resurrection and did so to refute the Sadducees who asked about a woman who had several husbands on earth and so what would be their relationship in heaven. They did not believe in the resurrection and used this rather hollow pretext for their erroneous conviction.

The Lord gave Eve to Adam as a helpmeet for him and He places us in families for mutual help and support. In heaven there will be one great family of God - a kingdom in which all will be related by the atoning blood of Jesus.

It will not be the loss of the close relationship of a loved one on earth but the gain of fellowship with the souls of the redeemed performing whatever eternal purpose God has for His children in the resurrection body He provides.

JULY 3

"I delight to do thy will, O my God"

Psalms 40:8

These words of the Psalmist became a prophetic utterance concerning the Lord Jesus. Our concept of God's will is very limited, going little further than our small circle.

The Father's will for Jesus was to be the Saviour of the world. For Jesus this was not a matter of duty or blind obedience, it was a delight. The love that Jesus had and has for us brings Him gladness and delight.

It gladdens the heart of God when a sinner repents and trusts His Son, calling upon Him for salvation. Then the repentant sinner begins to delight to do God's will and to please the Lord.

Delight is active and by no means passive. Not day-dreaming but doing the will of God from the heart.

JULY 4

"lost all sensitivity"

Ephesians 4:19(NIV)

Loss of feeling happens in the body when the nerve or connection with the sensory part of the brain is damaged or broken. Spiritually it happens when we wilfully break off all relations with God. He is still there: His promises hold, His invitations stand, His love and care are as tender as ever, yet we wilfully decide we will have nothing to do with Him.

This heart becomes insensitive to the world of spiritual blessings in Christ, of God's love and purpose for them in life - spiritually ignorant because hardened in heart.

God can do in a moment what surgeons struggle to do - He can mend the broken pieces. Often in answer to prayer, always in accordance with His sovereign love and grace, those who are dead come alive when Jesus touches them.

JULY 5

"The Lord makes poor and makes rich"

I Samuel 2:7(RAV)

These words are from Hannah's prayer of rejoicing when she brought her young son to the temple. She had been very distressed when she was barren for many years and now was elated as she presented her child to the Lord.

The thing to note is that she attributes both periods - poverty and wealth - to the hand of the Lord. Those years of poverty when despised by Peninnah who was blessed with children were part of God's training and preparation for the birth of Samuel.

Whatever state you are in, know it is in the will of the Lord if you have given your heart to Him. Poverty now in the providence of God prepares for riches in the future. The hand that gives the one assures us of the other though we may pass through a long valley of intercession.

JULY 6

"if you would believe you would see"

John 11:40(RAV)

Jesus said this because they wanted to see and then believe. But seeing and believing is not the faith that Jesus wanted.

Martha wanted to see her brother raised from the grave in which he had lain four days but, expecting a bad smell, she objected at the idea of taking away the stone sealing the tomb.

The faith that Jesus wanted believes and acts accordingly and then sees. Martha and those with her had to put all their trust in Jesus. They needed to say that he knows what He is doing and is going to revive our brother Lazarus.

This life saving faith does not wait until you feel able to be saved and then believe. It sees Jesus dying on the Cross, believes He is therefore able to save and then calls out for Him to do so and receives the assurance He alone can give.

JULY 7

"I am the Lord, I change not"

Malachi 3:6

Men change: God does not change though He speaks to men according to the times in which they live.

The God of the Old Testament is the God of the New. His ways are beyond our understanding, but we need the history of the Old Testament and the revelation of the New to begin to understand.

The second half of this verse says, "therefore you sons of Jacob are not consumed". God had told Israel that He loved them with an everlasting love. So while He was displeased with the sin and disobedience shown by the nation of Israel, He did not forsake them.

Should it be that you sin and displease Him, He will not stop loving you. You may feel like running away and hiding, yet your need is to repent and be restored.

JULY 8

"he slew ... a man of great stature, five cubits high"

I Chronicles 11:23

This is a description of Benaiah, one of David's mighty men and is one of several valiant actions he did. He slew an enemy bigger than he was. This is something of the task that faces us when we contend with the devil. Described as our adversary, a roaring lion, an accuser of the brethren, the devil appears to put fear into those who seek to do God's will.

He stands in our way. By making us afraid the devil can paralyse our service and silence our witness for the Lord. But for those who will believe and go forth in the name of the Lord, nothing shall hinder the triumph of the gospel in our lives and the lives of any who will believe. Great stature of the adversary is brought into proper perspective when we recognise our great God.

JULY 9

"a covering for the tent of rams' skins dyed red"

Exodus 36:19

The covering of rams' skins was the third of four coverings on the Tent of the Tabernacle God told Moses to erect after the Children of Israel left Egypt en-route for the Promised Land.

It was a ram caught in the thicket that Abraham offered as a substitute for Isaac on Mount Moriah. The rams' skin covering reminds us that Christ was our Substitute in the sight of God when he died upon the Cross.

That this rams' skin covering was dyed red is a further proof and reminder that Christ was our Substitute through blood. His perfect life was not enough nor was His position as Only Begotten Son of God. The price of our redemption is the blood of Jesus, as of a lamb without spot or blemish. Souls that believe are covered by the blood of Jesus.

JULY 10

"We don't want this man to be our king"

Luke 19:14(NIV)

The attitude adopted by the servants left in charge when their master went away to receive a kingdom is one adopted by the majority today. It is a legacy passed on by Adam when he disobeyed God in Eden. It is to want to manage without God.

Those servants in Jesus' parable had to realise that there would come a day of reckoning and that they needed to change their ways. So we all have to give account before God and it is the wise who seek God's help and guidance in daily life now who will receive the Lord's "well done" when we stand before Him.

There are consequences when we say, "we don't want." Those who would have joy in His glad service can say with the Psalmist, "we delight to do His will."

JULY 11

"all ... fell down and worshipped the golden image"

Daniel 3:7

Man has a desire to worship something or someone greater than himself. There is a throne in every heart - a place put there for God to occupy and Jesus to reign as Lord.

When the Lord is rejected either through ignorance or wilfully there is no knowing what takes His place.

Men are also easily swayed and manipulated not only to believe a lie but to engage in outrageous idolatry.

What made the mighty king Nebuchadnezzar set up his man-made image of gold and tell his subjects to worship it: was it size or its glorious appearance?

Thank God for three young men who refused to do so even when the fiery furnace was the alternative. And thank God for such today who take their stand for truth: may we be numbered among them.

JULY 12

"Weep not"

Luke 7:13

This is an injunction occurring many times in both Old and New Testaments. It is one that I have heard parents express to their young children time and again. It says, 'Stop crying, there is nothing to cry for. I'm taking care of the trouble'.

Don't shed tears needlessly. If you've committed the matter to the Lord, stop crying. He will attend to it.

I've also heard a mother say, 'I won't do anything until you've stopped crying'. Jesus did not quite put it that way, but He did tell the widow of Nain to stop crying before He had begun to do anything for her.

If the Lord is with you, that should be enough to dispel the deepest sorrow. Stop crying and watch Him work wonderfully in your case.

JULY 13

"but I wholly followed the Lord my God"

Joshua 14:8

These are the words of Caleb when asking Joshua to grant him his inheritance and they relate to the time when ten of the spies who went to view the land of Canaan made the heart of the people melt with fear.

Caleb wholly following the Lord meant that with Joshua, he stood out from the rest and said, "Let us go up at once for we are well able to possess it." Caleb and Joshua were overruled and had to wait forty years and were the only two of all who left Egypt who entered the Promised Land.

His wholly following the Lord gave him claim to the full reward, though he needed to patiently wait many years.

Today the disciple follows the Lord Jesus. It is not a momentary decision but a lifetime's engagement. See to it that your discipleship exhibits full commitment.

JULY 14

"not seven times, but seventy-seven times"

Matthew 18:22(NIV)

This was not the answer Peter expected. He probably thought that seven times was being generous and then Jesus says this. You can almost hear Peter saying, 'Wish I'd never asked!' But a good job he did because Jesus takes the opportunity to teach us about forgiveness. It's not about the number but about the attitude. It's about wanting to forgive rather than wanting to get even. It's about wanting people to know the freedom of forgiveness rather than the burden of guilt. Forgiveness works two ways. An unforgiving spirit can be as much a burden as unforgiven deeds.

Go for it. Release someone today and bring joy into your life. Forgive!

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JULY 15**"The highway of the upright is to depart from evil"**

Proverbs 16:17(RAV)

A highway is a roadway built, often above the surrounding area, to facilitate the swift and safe passage for the traveller. It is faster, smoother and straighter than other roads and often a toll is levied for those who use it.

And amid the pitfalls and distractions of life the Bible makes it clear there is a highway that will lead all who take it to a safe and successful conclusion. Not all find it, for not all look for it and some seem keen to avoid it at all cost.

It calls for uprightness of heart and demands that all its travellers depart from evil. Because men have a tendency to evil anyway, travellers must start at the Cross of Jesus where sin is washed away and continue along the path of holiness. Be among those who use this highway today!

JULY 16**"Behold therefore the goodness and severity of God"**

Romans 11:22

Some think that goodness is being soft, giving them what they want, forgiving and glossing over our mistakes - their word for "sin". That God is love is the only concept they have and for them this overrules all else. So there are many questions they cannot answer about God's dealings with man, beginning with his expulsion from the garden of Eden and his punishment for habitual and unconfessed sin throughout the days of the Old Testament.

When we experience the severity of God it should be to lead us to His goodness. When basking in the knowledge of His goodness we should take heed lest we fall away and incur God's severity. That is what happened to Israel.

JULY 17**"they were all amazed"**

Mark 1:27

They were amazed to see God in Jesus doing these things in their midst. God coming among men does cause amazement. It is wonderful whenever you see the Lord working and especially when that work involves you.

The danger comes when we cease to be amazed or moved, when the miraculous becomes commonplace or, worse still, when our amazement turns to incredulity.

When the Lord works it is no deception. Any criticism from the unbelievers should not minimise our wonder. The man in the synagogue with an unclean spirit was healed.

Call upon the Lord and receive the assurance of salvation. Seek His face for guidance in the affairs of the day and let your amazement turn to praise and worship.

JULY 18**"The Lord's message came to me again"**

Jeremiah 33:1(GNB)

Jeremiah was in the prison courtyard when this happened. It is not where you are or what privation you are suffering but whether you are in contact with the Lord that decides how God will speak to you.

No-one who loves the Lord need have a day when there is no message or communication for him from the Master. Sometimes the enemy prevents it from reaching us or our own faithlessness breaks the line of communication. But no deprivation of any kind will silence God's voice. Often when shorn of the comforts of life, the Lord's voice may be heard more clearly.

Because God spoke to you yesterday will not suffice for today. Communion is His Spirit witnessing with our spirit. His message comes fresh again today.

JULY 19**"Does this offend you?"**

John 6:61(RAV)

This question from Jesus came at a time when His teaching was hard for the disciples to receive and many turned back from following Him. The teaching of Jesus has always caused offence to those who want to sit comfortably with the world. This is as true today as it ever has been especially over moral issues. The danger for the Church today is that to make Christianity more attractive we compromise the teaching of Scripture so as not to offend. When Jesus caused offence by telling the truth, He didn't back down or seek common ground. He loved people too much to do that. Revealed truth rather than human reason will bring salvation to needy sinners. The cross of Christ will offend, but it remains the only way to be saved.

JULY 20**"Joshua, the son of Nun, a young man"**

Exodus 33:11

He was a young man but God's choice to help Moses and wise enough to be left in charge of the Tabernacle. Because he was young he had a long way to go and so Moses made sure he started off pointing in the right direction.

Joshua followed the Lord in the service of Moses. Perhaps there was a predominance of older men and it was this that made the Scriptures note that he was young. There is scope for young men to work alongside older men and a need for older men to appoint others who are young.

Start when you're young and it's likely you'll get in a lifetime of service. Begin when you're young and you'll be experienced before you're old. Let no-one despise your youth. Stick at it and let all see that you've dedicated your life to the Lord and God's hand is on you.

JULY 21**"make haste"**

Luke 19:5

Sometimes we need to hurry up when doing God's will: our normal speed is not good enough! Sinners seem to do their evil deeds and you may recall that Jesus told Judas to do his evil deed quickly once Satan had entered his heart. And if the evil doers are to get on quickly those engaged in the Lord's work need to match and better their speed.

Jesus was to come into Zacchaeus' home and he was to have a transformation and testify to salvation. We can imagine different reasons why Jesus told him to "hurry up." He may have been naturally lethargic or lazy: perhaps he was liable to change his mind or easily be distracted.

The salvation in Jesus is worth hurrying not to miss. Whenever God speaks to you it is good advice to make haste to heed and obey it.

JULY 22

"I am my beloved's, And my beloved is mine"

Song of Solomon 6:3(RAV)

Jesus loved us and gave His life for us. All who recognise this repent and receive Him and are precious in His sight. No earthly currency or assessor's value can measure God's love in Christ. And its blessing is felt in the assurance He gives.

We give ourselves to Him and He becomes ours. Bound to Him eternally by love's strong cord.

It is not a future state that we anticipate, but a present reality and blessing. Once forged it is a bond that cannot be broken. Nothing can separate us from the love of God in Christ Jesus.

It is a two-way cord that binds the believer to Christ. We love Him because He first loved us.

In a love which cannot cease, I am His and He is mine.

JULY 23

"He who believes in me"

John 12:44(RAV)

It is personal faith in Christ that counts. The size, scope and success of your church do not count here. Your family tree and Christian heritage are of little consequence. It is your personal faith that matters.

You must believe: you must exercise or use the ability that God gives you. And any who say they cannot believe should ask God to help them do so. After all, faith is God's gift both as Creator and Giver.

Then your faith must be in Christ. Dependence upon what you or anyone else says or does is no use. There are some marvellous things and people in this life and faith in yourself and others gives confidence which carries a long way. But when it comes to salvation and possessing eternal life this is found through Christ and Christ alone.

JULY 24

"all those who love our Lord Jesus Christ in sincerity"

Ephesians 6:24(RAV)

There were insincere folk around in Ephesus in Paul's day. Their love was fickle and self-centred. They loved for what they could get.

They had a profession and could probably give a good account, but when the heat of persuasion was on or if they became tired you would see they were not genuine. These unnamed half-hearted followers who would desert at the slightest difficulty were a hindrance and they teach us to foster a sincere love for the Lord.

This must be a love borne of receiving His love for us. Our recognition of that love will determine the loyalty of our love for Him.

Abundant grace is bestowed upon all who love our Lord in sincerity.

JULY 25

"Who touched my clothes?"

Mark 5:30

With people crowding around Jesus anyone could have touched Him. But the question was not asked of people generally, but of one specifically. Whilst others had brushed past Jesus in the bustle of the crowd, one lady had touched His clothes deliberately in faith believing that would do what all her doctors could not do.

Once healed she would have quickly slipped away never to be recorded in Scripture, but her touch was detected and Jesus drew her out from the crowd to acknowledge her faith and to give her peace. It also helped her tell others about what Christ had done.

She may have come trembling the first time, but thereafter she would have witnessed more boldly. The Lord does not want you to keep secret what He has done for you.

JULY 26

"He saved them from the hand of the foe"

Psalms 106:10(NIV)

In this world followers of the Lord will always have foes: though peace-makers, they are engaged in a conflict.

Satan is committed to oppose the children of God.

As the Children of Israel met all kinds of obstacles and opposition as they wandered in the desert and then later entered and sought the possession God had given them in the Promised Land, so the follower of Jesus in his earthly pilgrimage experiences foes that set themselves against him.

Everyone has some temptation or difficulty in their discipleship that can be called an enemy. The description of these is wide and various. Though differing one from another they are all very real. The promise is that from them all the Lord will deliver those who trust Him.

JULY 27

"there remains very much land yet to be possessed"

Joshua 13:1(RAV)

Much land has been possessed for the Lord since these words were written. The number ordained to eternal life is taking time to collect. The writers of the New Testament letters would never have thought we would be reading and proclaiming the gospel message nearly two thousand years later.

It is because God's provision for heaven is so vast that the gospel is proclaimed to us and we believe. And once truly converted we need to get on with evangelising and possessing the land that is before us.

Look around you, see barrenness, ask the Lord to commission and equip you. We do not know how much land is to be possessed or how much time we have left in which to do it.

JULY 28

"they loved the praise of men more than the praise of God"

John 12:43

They believed - the earlier verses of the chapter tell us so. The problem was that growth of the plant of faith was choked by love for the praise of men.

There have been many since who have acknowledged in their heart that Jesus is the Son of God, the Saviour of the world. But their faith had little or no commitment and was mental assent to a truth rather than heart submission to a Person. Such fear their career prospects might be affected or promotion jeopardised or job lost if they make public confession. The slap on the back is more attractive to them than peace in the heart.

They may make hale and hearty lovers of pleasure, but spiritually they are paupers. Resolve you'll not be like them.

JULY 29

"when the wrath of King Ahasuerus subsided, he remembered Vashti"

Esther 2:1(RAV)

Besides her beauty Vashti had strong principles and conviction. When her husband, the king, called for her to discard modesty and flaunt herself before the drunken assembly of gathered nobles she refused.

Her punishment was banishment from being queen, but her reward was to stand out in the Old Testament narrative as the lady who would not compromise her beauty.

Maybe there is a touch of remorse in the way the king is said to have felt about her when his wrath subsided.

Some things cost a lot but are worth doing for the sake of integrity. Vashti could have floated across the floor and gyrated among the tables but she said "No."

JULY 30

"many sleep"

I Corinthians 11:30

The Apostle has been writing about many who are weak and sickly - they are working, living and witnessing for Christ at a very reduced level.

Now he writes about many who sleep - in the church and fellowship. They may be regular attendants yet as far as spiritual activity and life are concerned, they are asleep - some might say it is a sleep of death.

The Apostle has begun the verse with "For this cause". We must ask "what cause?" The answer is clear - it is failure to discern or understand the death of Christ as remembered in the Communion Service.

When we take communion we need to recognise what we are doing, that Christ's body was broken and His blood shed and to draw spiritual strength and healing from Him.

JULY 31

"the Lord shut him in"

Genesis 7:16

Closing the door of the ark was an act of God; building the ark was an act of obedience and faith. Noah had both, but it was for God to decide when the door should be shut. For those in the ark it meant safety and a future. For those outside it meant wrath and death. Just as God closed the door of the ark, so this world will be brought to a conclusion, not by man, but by God. Whilst the door of the ark remained open, any who entered in could be saved from the coming flood.

Until Jesus returns, there is forgiveness and salvation for all who come to the cross of Christ. If you do not know Jesus as your Lord and Saviour then come to Him now. If you do know Christ, then walk in obedience and faith and proclaim the gospel to all, whilst the door is still open.

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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