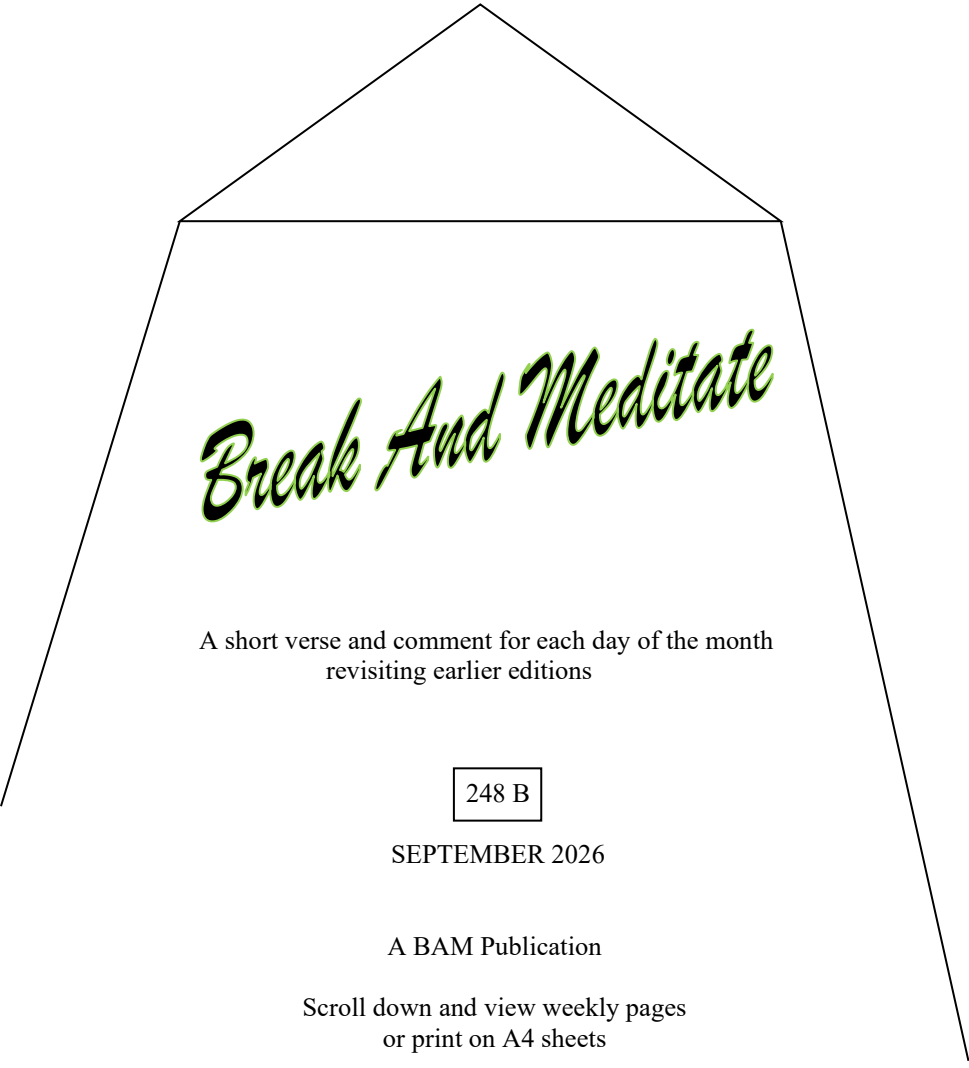




Break And Meditate

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

248 B

SEPTEMBER 2026

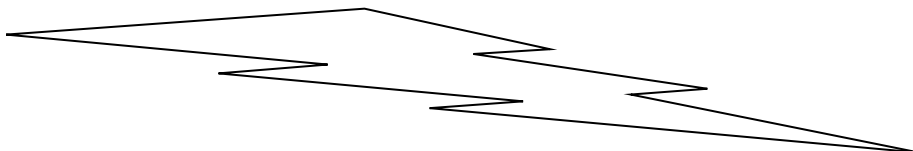
A BAM Publication

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SEPTEMBER 1

"we shall all be changed"

I Corinthians 15:51

No over sleeping on the resurrection morn. In a moment, in the twinkling of any eye at the last trump that Day will come. The world is groaning and travailing for that change. Human history will have run its course. Man's attempt to end war, bitterness and strife will be seen to have failed. Sickness and sorrow and the weeping of those who suffer unjustly will come to an end.

Jesus the great God and our Saviour will return, just as He said He would. Wrongs will all be righted, the crooked made straight, punishments will be meted out with justice.

The Lord the righteous judge will be seen in the place of power. The redeemed of all ages will gather before the throne. You can say it again 'we shall all be changed'.

SEPTEMBER 2

"captive out of the land of Israel"

II Kings 5:2

This unnamed servant girl turned her captivity to good as she witnessed to her mistress about the healing for his leprosy that she was sure that Naaman could find in Israel.

Most of us have opportunity to turn the reverses we experience in life to the good of others. Captivity, when our lives are committed to the Lord, is really only the Lord placing us where we would not choose to be.

It is where we are in God's plan that counts. We have the freedom to obey Him whatever the outward restraint put upon us. The point about this servant girl was that she came from Israel, belonged to Israel and behaved as though she was the Lord's. You may not be exactly where you would choose to be, but are you behaving true to your Lord and His Word?

SEPTEMBER 3

"though our outward man perish"

II Corinthians 4:16

Our outward man, the body, will perish but for the believer in Christ it is of no great consequence. A day older is a day nearer our eternal home.

Begin laying up treasure in heaven when young and realise that physical ageing in no way affects the balance in heaven.

The promise is that when the old wears out, a new body awaits the servants of the Lord in the resurrection.

The storms of life may give your old barque a battering and you may carry signs of wear and tear, but the true Christian knows the experience of the inner man renewed day by day.

There may be little you can do about the "outward man" but be sure you know the daily spiritual renewal that God provides.

SEPTEMBER 4

"as one of the king's sons"

II Samuel 9:11

Here we see Mephibosheth, a cripple and a grandson of Saul, David's enemy. He was brought in to face the new king, probably in fear for his own life. Yet instead of anger there was mercy, instead of retribution there was reconciliation. For the sake of Jonathan, David restored to Mephibosheth all that he would have inherited from Saul. More than that, David gave him a place at his own family table, alongside his own sons.

This shows us the heart of David and a picture of the very heart of God. For the sake of Christ, we who were far away have been brought near by the blood of Christ. We who were enemies of God have been invited to eat at His table. Like the King's own Son, we can enjoy a relationship with God. Live in the King's presence today.

SEPTEMBER 5

"Let your light so shine before men"

Matthew 5:16

More than knowing you have a light, Jesus says you are to let it shine. The light that is in many is darkness. Any influence they have is to lead astray. The only light of eternal value is the light of Christ. He came as a light into our world and those who receive Him receive that same light.

Walking in darkness with regard to eternal things can be normal until you see the light of Christ. His radiance summons us out of sin's darkness into His marvellous light.

No great effort is needed: live an upright and godly life and the message will be going out to those around you. And should some blemish impair the vision, quickly get the cleansing that the blood of Christ affords.

SEPTEMBER 6

"do not forget the Lord your God"

Deuteronomy 8:11 (NIV)

We are all given to forgetting, especially if there is no need to remember. Once the Israelites were settled in the Promised Land, enjoying the plenty, Moses knew that the ease of life could cause them to forget the Lord and all that He had done for them. It can be true for us all. When things go well or life gets busy we can easily forget the Lord. It's at these times that we need to be alert and encourage one another to remember. Daily Bible reading and prayer, or weekly home groups are all helpful ways of keeping Christ central in our lives. Some people have Bible verses stuck to their fridge. Others have Bible readings on their computer. Whatever it takes, do it so as never to forget the Lord your God.

SEPTEMBER 7

"He reached down from on high and took hold of me"

Psalms 18:16 (NIV)

These words of David are during a time when he was being chased by Saul and in constant fear for his life. His enemies had been reaching out for him, looking to take hold and slay him. But whereas David flees from the grasp of his enemies, the arm of the Lord brings welcome salvation. Lifting someone 'out of deep waters' requires strength and firmness. Sometimes our situation might need a firm hand from the Lord to help us through. A word of rebuke or correction is not easy to take and discipline is not pleasant. Being saved is an ongoing experience and we need all the help we can get from the Lord. So let's not reject the 'hold' of the Lord in our lives.

SEPTEMBER 8

"straightway the father of the child cried out"

Mark 9:24

It's good to do things straightaway. Once you see the truth of the gospel, believe it. Once God makes it clear the way you should go, get on that road. Once you see a need that you can meet, a helping hand or aid that you can give, play your part and get on with it.

This man had a great need, it was for Jesus to heal his epileptic boy. The disciples could not do it, he'd tried them. Now as he met Jesus, he was told he needed to believe and straightway he cried to the Lord to give him faith.

In the many different situations and circumstances you face day by day, the Lord may show you that it is faith you need.

When that happens, cry out to Him straightaway for the ability to believe, for the gift of faith He has promised.

SEPTEMBER 9

"If you are willing"

Mark 1:40(NIV)

This is not an expression of doubt but simply acknowledging the Lordship of Christ. The leper would not have come for healing if he did not believe that Jesus could do it. His faith was demonstrated and expressed, 'you can make me clean'. But he recognized that healing is an act of mercy and grace - undeserved and unmerited. When we see what God is doing for others it can be easy to assume that we have the right to expect the same. But as we surrender to Christ then we accept His will in our lives and that can be hard. Like Shadrach, Meshach and Abednego, we must be willing to live for Christ 'even if he does not' do what we ask. Bowing the knee is more important than getting what we want.

SEPTEMBER 10

"behold, and see if there is any sorrow like unto my sorrow"

Lamentations 1:12

The Holy Spirit inspired the prophet Jeremiah to write these prophetic words about the sufferings of Christ as the inhabitants of Jerusalem passed by and saw Him hanging on the Cross.

God in Christ not only came to save us, but to partake of our nature and share with us in our sorrow. He was touched with the feelings of our infirmities. In Jesus we have One who understands all the griefs we are likely to experience.

He grieved at the graveside of His friend, Lazarus, felt pain when some of His disciples left Him and then when they all forsook Him and fled. Not only mighty to save, Jesus is ready to comfort us in all our sorrows.

SEPTEMBER 11

"the kingdom of God is within you"

Luke 17:21

The kingdom of God may not be reported in the media - that institution is largely ignorant of what God is doing in the hearts of men. Don't count heads at the conference or convention meetings; the membership roll of the church or denomination is nothing to go by.

You can't see the kingdom of God because it has no material location or physical assets. It is when born of the Spirit that you make Jesus King of your life and know you belong to Him. And when you meet a brother or sister in Christ who is praising the Lord you realise the truth of Jesus' words: the kingdom of God does not come by observation. It comes by experience received by faith in the Son of God who died to save you.

SEPTEMBER 12

"even if you offer many prayers, I will not listen"

Isaiah 1:15 (NIV)

More than many prayers is an obedient and dedicated life. It was because of the hypocrisy of the Children of Israel that the prophet was given these words. God was not listening and they needed to stop praying until they had amended their ways.

Jesus warned of those who think they should be heard because of their much speaking. Until and unless the heart is cleansed the prayers are largely ineffective.

The Lord looks on the heart and the issues that come out of it. God complains in this chapter of meaningless offerings and the keeping of pagan feasts and practices, things that may apply to some worship today.

Put wrongs right and then come with prayer to the Lord.

SEPTEMBER 13

"she has been a great help to many people"

Romans 16:2 (NIV)

Paul is signing off his letter to the Church in Rome, but not before mentioning some individuals. It's interesting to see how many women made an impression on Paul. Phoebe is one of them, noted for her 'great help to many people'. The Greek word for 'great help' speaks of overseeing the care of others.

It's more than just giving occasional help. It seems that Phoebe managed some sort of charitable work, helping others and Paul asks the Christians in Rome to give her what help they can to make a difference for those in need. Paul himself had benefited from her work and Phoebe serves as an encouragement to us to use whatever skills we have for the good of others. It won't go unnoticed.

AP

SEPTEMBER 14

"your Father in heaven is not willing that any of these little ones should be lost"

Matthew 18:14 (NIV)

Jesus makes it very clear to us that the care of the young is of great importance. Those who exercise influence over young ones when at an impressionable age need to be careful how they do this.

Every child has great potential. What you cannot impose upon the young mind, God can. It is God's will that no young child should perish. Acceptance into God's family is the choice of each person, but the preparation of the soul in the heart of the young is like good ground into which the Word of God can be sown.

Don't leave it all to others. If you have no family responsibility of your own, look for opportunity to mentor the truth of the gospel to those who God puts in your way.

SEPTEMBER 15**"He who gives to the poor will lack nothing"**

Proverbs 28:27(RAV)

The poor are always with us: no matter the reason for their poverty or where it is you find them, they are there. Their plight reminds us that we live in a world of needy people.

Those who have should count it a privilege to help those who have not. While some spend time looking for the cause, others meet the need and it is to them that this promise is given.

Sometimes it is hard to recognise we lack nothing because we want or think we need more than we have.

The second part of the proverb is worth heeding too - he who closes his eyes to the poor receives many curses.

Divine retribution may not be swift, but it is sure. Needs are there to be met and those who can should meet them. Divine favour is withdrawn from those who fail to do so.

SEPTEMBER 16**"so shall we ever be with the Lord"**

I Thessalonians 4:17

This wonderful chapter in Thessalonians goes into some detail about the Second Coming of the Lord Jesus. The Lord Himself shall descend from heaven with a shout, with the voice of the archangel and with the trump of God.

Some believers in Thessalonica apparently thought those who had already died had missed His coming, so we read that the dead in Christ shall rise first. Then those who are alive at the time shall be caught up together with them in the clouds to meet the Lord in the air. What a time of rejoicing that will be!

But that is not all. It is not the end of the story but the beginning. It marks the beginning of an eternity of bliss in the presence of Jesus. And as Creator and Saviour we can be sure that with Him will be fullness of joy.

SEPTEMBER 17**"but that night they caught nothing"**

John 21:3(NIV)

The fishermen hadn't lost their touch and there were fish in the Sea of Tiberius. 'But that night they caught nothing'. Many of us will have been in a similar situation asking 'why?' Things we've done many times before, now go wrong. Changes in our life undermine our identity. We've even lost our way in following Jesus and we're left, like the disciples, sitting around on the beach wondering what next.

For the disciples in general and Peter in particular, Jesus needed to help them move on to do a new work that they hadn't done before, relying on Him instead of themselves. The same may be true for us. When you begin to catch nothing, it may be the Lord helping you to move on to do something new, relying on Him to guide.

AP

SEPTEMBER 18**"Make this valley full of ditches"**

II Kings 3:16

The way that God calls His servants to co-operate in the miraculous interventions He makes is worthy of note.

When rain was miraculously produced in Elijah's day the Israelites had to rebuild the altar.

Now when they wanted water they had to dig ditches in the valley. We do not always stand by when God is working.

When the Lord would deliver by the hand of Moses God asked what was in his hand and used his staff.

Each member has a contribution to make. Elisha asked the widow woman what she had in the house and used that.

And digging ditches because God told you to do so becomes a noble activity!

SEPTEMBER 19**"give thanks to him"**

Psalm 100:4(NIV)

There is something to thank God for in everything we have or do. Gratitude comes from the heart and when ours is a heart the Lord has touched we appreciate what He gives.

Giving thanks is the best form of praise. It is returning to God something of what He has given or done for us.

When we see His hand at every turn in the road, when we can draw near to Him in every sorrow and distress, every situation conveys His love and we give thanks. What did Paul and Silas have to praise and sing praises about in the inner cell of the Philippian jail? How did Stephen lift up his eyes and behold Jesus as he suffered the first Christian martyrdom?

Whatever our state He makes us eternally grateful.

SEPTEMBER 20**"in your hearts set apart Christ as Lord"**

I Peter 3:15(NIV)

Christ stands unique: He has no equal; He is Lord of all the earth. The need is for Christ's followers to set Him in His rightful place in their hearts and lives as Lord.

Jesus is the eternal Son of God who came to earth through the womb of a virgin: He lived among us about 30 years, and then gave His life as a sacrifice for our sin. He rose again triumphant over death and ever lives our Saviour and Lord.

Now we must place Him on the throne of our heart. This means allowing Him to be what He is - Lord and Sovereign and the One who, by His Spirit, comes and dwells within the hearts of those who ask Him.

If He is to be set apart, we must set ourselves apart for His worship and service in the world. Let Jesus reign today.

SEPTEMBER 21**"They all ate and were satisfied"**

Matthew 15:37(NIV)

This is an important detail that Matthew adds to his description of the feeding of the 4000. When we eat at the world's table we can be very dissatisfied. Indeed, if we listen to unbelievers and doubters we can become dissatisfied with what is our heavenly bread.

This happened with the Children of Israel in their desert wandering when they complained to Moses about the manna that God sent fresh from heaven every day. We need to get a sanctified palate if we are to let the Lord feed us with these good things. The crowd had received three days' teaching with Jesus and after that you would expect them to be ready for a meal.

Know spiritual discernment, feed on Him and be satisfied!

SEPTEMBER 22**"he took the blind man by the hand"**

Mark 8:23

Jesus dealt with him in the way he would understand.

No waving of the arms, signalling or gesticulating: he was blind. Don't give him directions: take hold of his hand and lead him.

The Lord will lead all of us in the way that suits us best if we let Him do so. He knows our peculiarities and more about us than we know ourselves. This blind man who was brought to Jesus for healing needed to get away from the crowd and out of the town. He did not need telling but taking and Jesus did that. Those must have been wonderful steps together as they walked hand in hand to the place of his complete healing. Our steps with Jesus should be the same, too.

SEPTEMBER 23**"He broke into pieces the bronze snake Moses had made"**

II Kings 18:4(NIV)

Hezekiah was the godly king who came to the throne of Judah when twenty-five years old. He trusted the Lord and there was none like him among the kings of Judah. He saw the way the people venerated the bronze snake that Moses had made and how they burned incense to it. The same mistake has been made many times since.

The Lord is not the God of relics, bones and artefacts no matter how they were used.

It's the living God who works and lives among His people that we must worship. The Israelites needed to get rid of the brazen snake they had made and begin to thank God for Hezekiah who smashed their idols. Let us take care not to reinstate idols of our making today.

SEPTEMBER 24**"I will not neglect your word"**

Psalm 119:16(NIV)

The size of the Psalmist's word was probably little more than the Pentateuch. We have a complete revelation of God's Word to us that has been in its present form for centuries and that the Holy Spirit regularly uses to the benefit of the reader.

Because we have so much we tend to use it so little. Many are content to hear what others say about God's Word, and then only from time to time, instead of searching its pages for themselves.

The Psalmist sets us the example when he tells us that God's Word is a lamp unto his feet and a light to his path.

Both Old and New Testaments now make up the canon of Scripture jealously guarded for our use by the Holy Spirit. It conveys the counsel of God to all who will read and listen.

SEPTEMBER 25**"But I have prayed for you"**

Luke 22:32 (NIV)

Amazing! Even before Peter's denial happened in time, Christ had interceded before God on his behalf. Little did Peter realise, at the time, the importance of this prayer. In Romans chapter eight, Paul speaks of Christ now interceding on our behalf in the heavenly realms.

We may not realise now the difference Christ's intercession makes for us here on earth, but one day we will. Satan's 'sifting' was intended to bring Peter's faith to ruin and Satan still wants to ruin God's work in our lives just like he has done since the Garden of Eden. But 'he who began a good work in you will carry it on to completion until the day of Christ Jesus'. Let's join with Christ in praying for one another, especially those who are being 'sifted'.

AP

SEPTEMBER 26**"So do not throw away your confidence"**

Hebrews 10:35(NIV)

The inference is that you may have confidence and then lose it and this loss can be after many years of possession.

The fact is that you can lose it wilfully - "throw it away" - and do so because you did not grip it tightly.

Confidence and faith go hand in hand. The one is alongside the other. Faith gives confidence just as confidence is needed to exercise true faith. By storing the experience of God's provision in the past you gain confidence to face the future.

When tempted to wonder whether all will be well today, remember the way you proved God's Word yesterday.

Confidence drains away when you no longer believe. The disciple does not follow idle myths but is confident in the Word of the Lord.

SEPTEMBER 27**"he stood between the dead and the living"**

Numbers 16:48

Korah, a leading Levite and a number of others led a revolt against Moses who they thought took too much authority to himself.

God's judgment fell on them and the ground opened and swallowed up these rebels.

A sequel to this was that the people accused Moses of killing the people of the Lord, judgment fell on them and they began to die from the plague God sent in their midst.

Aaron sought to make atonement for the Children of Israel and with a burning censer in his hand ran in the midst of the people and

"stood between the dead and the living". Those who accepted his action of atonement lived while others died.

Jesus atoned for us on the cross. He stands between the living and the dead. He alone stands ready to save us.

SEPTEMBER 28**"Will you also go away?"**

John 6:67 (RAV)

'Going Away' is always the possibility. We need to guard against it. Those who think they stand should take heed lest they fall.

You've far to fall when you climb high!

Jesus expressed His concern that the defection of some might influence others to do the same. Jesus had spoken of His being living bread from heaven which if a man eats he will live for ever. Also of Him giving His life for the world. Many disciples said, 'This is a hard saying' and many drew back and no longer went with Him. That was when He asked this question of those who remained.

We do well if we are aware of the attraction it can be to withdraw. We do best when we realise there is no-one other to go to than the Son of God, as Peter said.

SEPTEMBER 29

"God sent his angel"

Daniel 6:22(GNB)

God is for ever sending angels. They are His ministering spirits. We rarely recognise these heavenly messengers!

So Gideon did not recognise the angel who visited him, Peter thought it was a dream when an angel led him out of prison and

Balaam smote his donkey when they faced an angel because the donkey recognised the angel that he missed.

Little did king Darius know that God would send an angel to shut the mouths of the pride of lions when he had Daniel thrown among them.

Angels serve God and are sent by Him to help those who are to receive salvation. Those who love the Lord should rejoice in their attendant ministry.

SEPTEMBER 30

"an anchor of the soul"

Hebrews 6:19

We live in an age of tremendous advancement and change. In some areas there are so many changes we find it difficult to keep pace with them all.

Traditional beliefs have been examined and many rejected. Many do not know what to believe and so go with popular opinion and cease to believe anything.

That is why an anchor for the soul is so important if we are not to be swept away or thrown out by it all.

See hope in Jesus our Lord as an anchor for your soul, and drop it in the Word of God.

If the Word of God is the solid rock on which you stand, the Spirit of the Lord can inspire the Word of the Lord to you and keep you safe.

ADDITIONAL READING

"perfect ... till iniquity was found in you"

Ezekiel 28:15(RAV)

These words apply to the Fallen Angel whom we now know as Satan: they could also be applied to Adam and Eve in the Garden of Eden.

We know that iniquity often occurs when a choice is given us and see how evil abounds in our world today.

God created man perfect as He did the angels and all His works. After creating the world and all in it, He surveyed His creation and saw that all was good.

When evil marred His world God's plan of salvation switched into action.

Now, through the blood of Jesus, the believer in Christ may receive complete cleansing, power to live a godly life and the promise of heaven in the perfection of beauty restored.

[Note: From issue No 199, each Break And Meditate booklet published has sufficient readings for 31-day months so is not tied to any particular month of the year. The additional reading for this month is included above.]

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

Break and Meditate

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