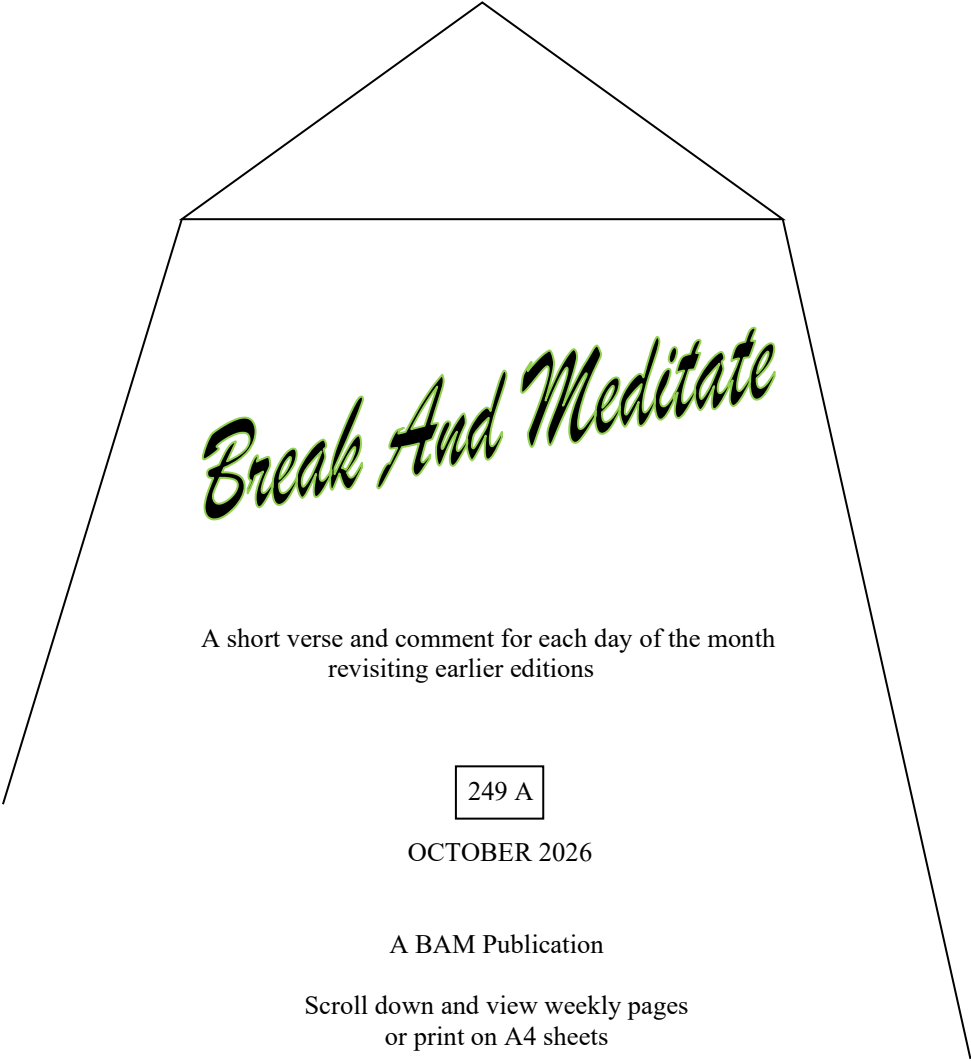




Break And Meditate

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

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OCTOBER 2026

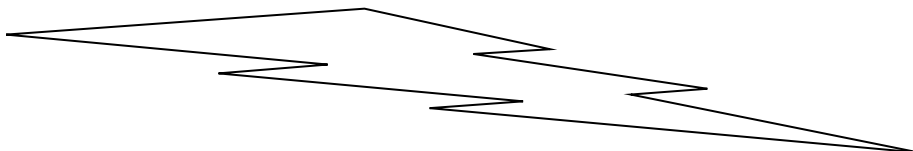
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OCTOBER 1

"Where have you gleaned today?"

Ruth 2:19(RAV)

This was the question that Ruth was asked by her mother-in-law when she returned home from work. It is a question that you will be asked by the One Who made you and the day, and sent you into it.

Ruth's answer was one of excited anticipation at such success to have so soon alighted upon a harvest field where she was accepted.

Perhaps mother and girl had committed the day to the Lord before she went. They certainly blessed the Name of the Lord when she returned. May yours be a similar experience.

OCTOBER 2

"rivers of living water"

John 7:38

Rivers running everywhere, finding their own level, watering the dry and dusty road of life for miles around. Living and life-giving.

Replenishing, invigorating, cleansing and with a reserve that is never exhausted.

Water - the water of life. That blessed portion that sent a Samaritan woman running into her village to tell all of the living water she had found.

Satisfying thirsty souls and filling the empty hearts with a heavenly taste of an eternal life of peace and bliss.

'Rivers of living water' is the promise of Jesus to all who will receive the Holy Spirit. It is God's way of meting out heaven's blessing in the deserts of this world.

OCTOBER 3

"get ready"

Joshua 1:2(NIV)

To know that something is coming and to be ready for it is half-way to success. God told Joshua he was to cross Jordan and it then became Joshua's responsibility to get ready for that crossing.

God told Hezekiah to set his house in order, Joseph that he was to hold high office, Elijah that there was to be a famine. These and all others who heard God's voice needed to get ready.

Jesus sent His disciples ahead to every place whither He was Himself to come. On one occasion He sent them to prepare a guest-chamber and on another to saddle a donkey. God's voice today is both comforting and reassuring and it is spoken personally to all who will listen. But it does demand we get ready.

OCTOBER 4

"Christ died for our sins"

I Corinthians 15:3

This short sentence is the very heart of the gospel. It stands on three important truths.

First - OUR SINS. Sin is the trouble affecting us all. All trouble in the earth has its root and origin in disobedience to and rebellion against God.

Second - CHRIST - the One anointed of God to be the Saviour. Prophetised in the Old Testament and proclaimed as exalted and glorified Lord in the New.

Third - DIED - We are saved because Christ died. His death atoned for the sin of all who would believe.

The gospel is effective when we acknowledge our sin, recognise Jesus is God's Son who died for us and ask Him to save us and do this personally.

OCTOBER 5

"suffered a great deal"

Mark 5:26(NIV)

There is no regular pattern for suffering - it falls indiscriminately on one and another. Some is the result of sin or misuse of one's body: in some cases, it can be relieved by amending one's behaviour. In others, as this woman who had been haemorrhaging for twelve years, no treatment can be found.

Whatever it is, suffering is part of life for most of us and as such we should learn from it.

Jesus healed this woman in response to her making the first move when she came in faith and touched His cloak.

Whether healed in answer to prayer or merely given grace to bear the burden that suffering is, coming to Jesus is the best thing you can do. Quite often it is only through suffering that God can speak to us.

AP

OCTOBER 6

"she opened a bottle of milk"

Judges 4:19

People do this everyday. What Jael did is told in this way to show us how the smallest of everyday things can be important in the fulfilment of God's purposes.

The opened bottle of milk put Sisera, who had asked for water, off his guard and he committed himself to Jael's hospitality and was slain as he lay sleeping in her tent. And resulting from this we have the song of Deborah and Barak in chapter five.

Elsewhere we are told not to despise the day of small things. God recorded this incident of the bottle of milk in His Word to remind us of this. When you commit your life to the Lord everything should be within the pale of His will and therefore everything sacred.

OCTOBER 7

"The Lord is my helper; I will not be afraid"

Hebrews 13:6(NIV)

Believing the first, enables you to experience the second! Because the Lord is your helper there is no problem He cannot fix or obstacle He cannot overcome. Your ability or inability does not matter when you know the Lord will make good whatever you lack. The Lord delights in helping His children and we would miss the blessing of depending upon Him if we could manage everything ourselves.

Fear breeds in an unknown situation but it disappears when the Lord is one's helper. He sees and knows all that happens. As a loving shepherd, He cares for His sheep, they can dwell in safety and not be afraid.

OCTOBER 8

"Give an account of your stewardship"

Luke 16:2

An interim statement may be of benefit.

Your opening balance showed a life given you at no cost to you. It was received complete with gifts and abilities that developed quite dramatically within a few years.

Over the past years you have had some quite remarkable opportunities: you have met many less fortunate than yourself and you've heard some heart-rending cries for help. In fact, most days there's been a choice of good that you might do.

What is the result so far? Make any adjustment now, not when it's too late.

"Every one of us shall give account of himself to God." Romans 14:12

OCTOBER 9

"her voice was not heard"

I Samuel 1:13

It is not the volume of noise that matters - silent prayer, when true intercession or petition, can be just as effective.

It can be more effectual in fact, because audible prayer can become self-exalting, particularly if eloquent and with good delivery and diction.

True prayer is communion from heart to heart - man's heart to his Maker. It is a God-given avenue of access man has to the very throne room of the One Who controls everything.

Hannah spoke in her heart - that was all that was needed. She probably did this for a long time before conceiving the son for whom she prayed. But each time of intercession would gladden the heart of the Lord and establish and strengthen the communion she enjoyed. So it should ever be.

OCTOBER 10

"a castaway"

I Corinthians 9:27

Not something any of us wants to be. We must be useful for someone or something. Not to be so is a great loss.

Paul's fear was that having preached to others, he himself should be cast away because he yielded to the desires of the flesh and fell from the way.

A reading of the Scriptures does suggest that there will be a lot of rubbish swept up and burned in the furnace of judgment and a look at world events and the evil deeds of man can only confirm this.

We ensure this does not happen by keeping close to Jesus in our walk and worship day by day. He is able to keep those who are His, but the enticements to evil are very real however sure we may feel, and need resisting.

OCTOBER 11

"If a man keep my saying he will never see death"

John 8:51

Never see it as Adam did and as Satan intended when he caused rebellion to enter the heart of man.

Health services are today mobilised to keep it off as long as possible. Keep-fit, health foods and vitamin supplements are designed to the same end. Famine relief and rescue operations are mounted on an unprecedented scale, yet none can escape death's icy hand.

There are, however, some for whom it has lost its terror, for whom it is rather like a curtain through which the soul passes. They are those who are disciples or disciplined by the words of Jesus. Are you one of them?

OCTOBER 12

"He who has no rule over his own spirit"

Proverbs 25:28(RAV)

Man is a marvellous creature. Independent, he steers his life like a ship sailing through a frightening array of dangers for 70 years or so. Though he never knows for certain what will happen next and cannot accurately predict one minute from the next, he keeps going until his Maker says it is enough.

What is so sad is when one meets a man who is obviously and hopelessly out of control. Evil habit, violent temper, foul mouth have wrested the reins from him. The proverb says he is like a city that is broken down and without walls.

Be and be seen to be in control of your spirit today.

OCTOBER 13

"And now, Lord, behold their threatenings"

Acts 4:29

This part of the Apostles' prayer as much encouraged their hearts to pray as to be necessary, for the Lord surely knew all the mischief that had been and would continue to be raised against them.

But prayer is not merely an ask and receive mechanism. It is a fellowship and communion of the supplicant with its Saviour. While the Lord knew 'their threatenings', mention of them in this way drew the Lord's attention to the apprehensiveness felt by His servants and united Master and servant in the campaign to be victorious over fear.

Satan does not let his minions slip easily from his grasp and 'threatenings' are to be expected when Jesus begins delivering the captives. Remember, Satan only stops threatening when we've fallen asleep.

OCTOBER 14

"Jesus said to him ... 'I have something to say to you'"

Luke 7:40(RAV)

Jesus' message was not merely for tax-collectors and sinners, the unruly elements of society, it was for 'Pharisees and sinners', the polished or well-disguised sinners.

In fact, the message of Jesus is for everyone. Simon's religion had divorced him from reality. In much the same way, there are those who attend religious meetings but never meet the need around them. It is like reading the Bible without recognising the Lord. Simon had missed the pleasure of seeing Jesus minister to the needy woman who crept into his home - until Jesus pointed it out to him.

What are you missing? What has Christ to say to you that you've missed up to now?

OCTOBER 15**"Only be careful, and watch yourselves closely"**

Deuteronomy 4:9(NIV)

If you are like most of us, you are the biggest problem! Watching your step should be the priority in your walk. You may know all that is expected of you from the Word of God. You may be very good at spotting blemishes in others, but if you neglect your own walk you are heading for disaster.

Life's shore is littered with shipwrecks. Those who do not watch their step can easily trip or slip and once you begin to slide it is hard to stop.

Knowing the truth is of first importance and need for care and watchfulness follow close behind. Some who know the rules think they can cheat the game, but they are mistaken. Clasp the hand of the Lord and never let go.

OCTOBER 16**"man, despite his riches, does not endure"**

Psalm 49:12 (NIV)

This is a valuable reminder for us all. In most areas of life, riches can be a great help. With wealth comes influence, power, possessions and how the world longs for these. But all the riches of this life cannot guarantee life itself. Riches, and a love for them, can be a distraction from eternal matters. The more we have the more we have to attend to and our focus is on this life, rather than the next. Many have trusted in riches rather than in the Lord and have found that they do not endure any more than if they were poor. As Jim Elliot, missionary martyr of the 20th century, said, 'He who is wise lets go of what he cannot keep in order that he may gain what he cannot lose.' Hold lightly to the things of this world and be rich towards God.

AP

OCTOBER 17**"rend your heart, and not your garments"**

Joel 2:13

The outward expressions of remorse may be impressive but may be deceptive. This is especially so when great store is put by outward signs. We forget that the Lord sees the heart, so most of us are content with just giving the right impression.

Because the Lord looks on the inside it is important we attend to the real and unseen things of life.

Life springs from the heart and when the heart is right the life will be right. Also there is no need to try and deceive or hide anything when the heart is right before God.

Expressions of sorrow, anguish, grief and conviction are needed. The state of the contrite heart is something that only God really sees, but it is this He rewards.

OCTOBER 18**"he laid his hands on her"**

Luke 13:13

This was a touch from the healing hands of Jesus. No doubt she had a number of different hands over the eighteen years she suffered from this disfigurement of the spine - kind hands, well-meaning hands, assuring hands and comforting hands.

Some things in life need more than kindness, good intention, assurance and comfort. Some maladies are so deep that the most loving and tender hands can't help. This woman illustrates the affliction of sin: bound by Satan, yet surrounded by worshippers and God-fearing friends who frequented the temple. It is not being with those who know the Lord, but meeting Him and feeling His touch that makes for the healing your soul needs.

OCTOBER 19**"better ... than seven sons"**

Ruth 4:15

Such was her neighbours' description of Naomi's daughter-in-law Ruth.

When your trust is in the Lord, help and comfort often come from an unexpected quarter. It certainly comes, even though we think it to be only in the nick of time.

It was when the two widows, Naomi and Ruth were thrown together in their mourning and as they returned to Bethlehem, that the upheaval brought the best out of Ruth. Without the trauma of those days she would doubtless have remained an unknown 'housewife'.

Let the distress, accident or calamity that strikes you bring the best out of you for the blessing and uplift of someone else.

If 'the best' is there in the first place it will.

OCTOBER 20**"no-one can see the kingdom of God unless he is born again"**

John 3:3(GNB)

It should be no surprise to find that the unregenerate mind cannot comprehend the things of God.

The key to understanding the Scriptures, the way to recognise your own need and all the matters of the kingdom demand that a person be born again - born of the Spirit.

Once you realise this is what is lacking in your life you should seek the Lord. It's a wake-up call, otherwise called conviction of the Spirit, that drives a man or woman to call upon God to save them.

Born into God's family: receiving by faith all that Jesus made available: breathing heaven's air: clothed in a garment of holiness and praise: all become real experiences once you call upon the name of the Lord and are saved.

OCTOBER 21**"Noah was ... blameless among the people of his time"**

Genesis 6:9(NIV)

God takes into consideration the age in which you live.

None of us can be exactly like our forebears. But all can look to be upright in their generation. You cannot revert to a Victorian or any other bygone age. You live in a world of television, supermarket and the computer. As a result, your life-style will be different from anything that has gone before.

Yet there is a common denominator. Rebellion against God is still the universal malady, God's love in Christ is still the only hope for the sinner, those who seek the Lord find Him and the blessing he brings.

The Holy Spirit is at work today as never before: He enables the true followers of Christ to be blameless in their generation.

OCTOBER 22**"meddle not with them that are given to change"**

Proverbs 24:21

You meet them at every corner. They're over the moon one day and under the weather the next. They can be as sweet as honey one minute and sour as milk the next.

More changeable than the weather, those to really watch are those who are continually changing what they believe. They follow any and every new wind of thought and fancy and draw quite a tail of followers with them.

"The foundation of God stands sure" said the Apostle Paul and you're on safe ground if you stand with him.

OCTOBER 23**"Woe to me if I do not preach the gospel"**

I Corinthians 9:16(NIV)

When somebody preached it to you and its acceptance made the difference between life and death to you.

When you realise that it is the good news of God's free gift of love to mankind everywhere.

When you come to appreciate that it is the receiving of the gospel message that would satisfy the longing soul, ameliorate much of this world's suffering and bring peace where at present there is war.

When so few seem to be intent upon warning man of his impending judgment if he does not trust Christ.

When it brings joy to the hearer and rejoicing to the angels in heaven.

Don't you ever feel it incumbent upon you to preach the gospel?

OCTOBER 24**"you refuse to come to me that you may have life"**

John 5:40(RSV)

Jesus offers life, a new life and a clean pure life to whoever will come to Him. The past is forgiven, the future in heaven assured and in this life the presence and peace of Jesus enjoyed.

God calls clearly and repeatedly through His Word, through the witness of His servants. It is life, eternal life, that is on offer. Freely whoever comes may take of the water of eternal life. But a number of factors make most refuse, and these need to be overcome.

You don't believe it can be as easy as that. You love what you know you would have to give up - your sin and the works of darkness. You don't think you are fit to receive or able to stand. You look at yourself rather than the Lord. It's the one refusing who must decide to come.

OCTOBER 25**"thy rod and thy staff they comfort me"**

Psalm 23:4

Comforting to know that the Almighty Creator and Sustainer of all things is also my Shepherd and has the tools of His trade at hand for my benefit.

A rod to beat off any who dare to attack or hinder me. A rod for my back, too, if I continue acting foolishly as sheep are wont to do.

A crook to pull me back into the right way and perhaps stop me from being so stupid next time.

Look what the Shepherd has in his hands today and take comfort.

OCTOBER 26**"God said ... God made ... God set"**

Genesis 1:14, 16, 17

The Word of God set our universe in its proper order. God made sun, moon and stars in His creation. God set them in orbit and decreed the laws that keep the heavenly bodies in their allotted place.

God may be seen everywhere except those places where the unbelief of man has blotted out the sun from nature's sky. Myriads of angelic beings do Him honour continually: fallen angels (demons) recognise His sovereignty though in rebellion led by the Devil.

Birds, beasts and fish praise their Creator. Only man to whom He gave free will refuses to acknowledge Him.

But as many as receive Him, to them He gives the authority to become sons of God and co-heirs with Jesus His Son.

OCTOBER 27**"you have done well to come"**

Acts 10:33(RAV)

This was said because Peter had got there so quickly. Some disciples need telling many times, with signs to confirm and time to consider before they will do anything.

Peter did well to go to Cornelius because it meant disregarding the accepted pattern of the Early Church at that time. Peter did well to believe God had spoken to someone outside his own little circle.

Is anyone ready to run such an errand for the Lord today?

OCTOBER 28**"The Lord has need of it"**

Mark 11:3(RSV)

Governments need colossal sums in tax and revenue to balance their budget. Each of two halves of a bitterly divided world says it needs billions to pay for necessary armaments. Famine and poverty relief is needed on a greater scale than countries rotting in their opulence are prepared to donate.

I can't do much about the above, but I can lend the Son of God my "donkey" today, if He still takes up offers like the one someone made just before He rode into Jerusalem.

OCTOBER 29

"at the last trump"

I Corinthians 15:52

There have been many trumpet calls down the years, rousing men from lethargy and sleep; calling them to enlist and serve their country and cause, but there will be nothing to compare with this last trumpet call.

No-one will be excused, no-one will sleep through it. None of them can decide this does not affect me. The summons will be final and there will be no time to change the record or put wrongs right.

That trump will herald the beginning of eternal joy and peace to the righteous and eternal punishment to the ungodly.

For those who love Jesus it will be changed from glory into glory and seeing the Saviour face to face.

OCTOBER 30

"I will establish my covenant with you"

Genesis 6:18(RAV)

This was the blessed truth that Noah learned when the judgment of God was outpoured upon this world in the Flood.

Lovers of the Word of God in every generation have found Him to be covenant keeping. So Jacob, Moses, Joshua and all the saints of the past found that God keeps His promise.

Today we have the complete compendium of God's revealed will in the Bible. In it we may find God's promises as they relate to mankind in general and to each individual in particular.

Whenever God reveals Himself to you, He underwrites what He says with the promise that He will keep His covenant with you. And that applies no matter how impossible your situation may seem at present.

OCTOBER 31

"No one, when he has lit a lamp, covers it with a vessel"

Luke 8:16(RAV)

Not unless he is a fool, that is.

If lamps are lit with a purpose it is to shine. This snuffs out any idea that religion is a personal thing and should not be discussed or promoted. It would have been a poor outlook for the spread of the gospel if this were the case. The idea that a Christian may keep quiet and go unnoticed is a lie of the Devil.

Let your light shine - speak a word, write a letter, make a phone call, do an act of kindness for Christ's sake, exhibit true love, be filled with compassion as Jesus was. The list is endless.

If the lamp of faith in Christ is burning in your heart, don't cover it up - let us see you shining.

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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