# MEDITATION ON SCRIPTURE

<u>Summary Statement:</u> When we turn from the wicked counsels of this world and set our minds on the Word of God, our whole way of thinking changes, and our whole quality of life improves.

<u>Emphasis:</u> When we read the Bible, we need time to absorb what God is saying, because we are surrounded by distractions. We must invest the time. Through the daily practice of Christian meditation, we rewire our minds, discover God's beauty, deepen our friendship with Jesus, and we allow God to transform our character.

<u>Key Verse:</u> Jeremiah 15:16 (ESV) - "Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts."

What is godly meditation?		

Meditation is the spiritual re-wiring of your mind.

**Romans 12:2** 

**Deuteronomy 11:18** 

t is important that we	meditate daily	on the Word	of God.
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Joshua 1:8

**Psalm 63:6** 

Psalm 119:148

### The fruit of meditating on the Word:

Romans 12:2

Hebrews 5:12-14

Meditation yields supernatural wisdom.

Psalm 119:99

Joshua 1:8

Meditation provides spiritual watering and nourishment for our lives.

Psalm 1:1-3

#### Meditation creates joy and satisfaction.

Psalm 119:24

Psalm 119:92-93

#### How should we meditate on the Word? How do we start?

John 16:13-15

Luke 11:9-10

Ask God for open eyes, for understanding, and for wisdom. He will not shame you for asking.

Psalm 119:18

Psalm 119:34

James 1:5

**Ephesians 1:17** 

1 Corinthians 2:12-13, 16

## Interrogate! Ask a lot of questions! Be curious! Explore!

**Activation: 1 Samuel 16**