

Meditation

The Oxford American Dictionary defines meditate to:

“think deeply or focus one’s mind...to think deeply or carefully about.”

The various hebrew words for meditation connote musing, thinking or actually speaking (often associated with an idea to “meditate or speak in your heart”)

Practical Ideas

1. Before you go to bed, read a few verses of scripture that you can think upon as you go to sleep. Put work aside and mediate.
2. Keep a journal of key events in your life and how God worked His will through you...from time to time, sit and reflect.
3. Memorize scripture so where ever you are, you can muse on God’s truth.
4. Use your PDA to review verses you want to meditate on.



Scripture to consider

Learn to be still

Psa. 4:3-5 But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him. Tremble, and do not sin;

meditate in your heart upon your bed, and be still. Selah. Offer the sacrifices of righteousness, And trust in the LORD.

Focus on Him

Psa. 63:6-7 When I remember You on my bed, I meditate on You in the night watches, For You have been my help, And in the shadow of Your wings I sing for joy.

Focus on the splendor of His majesty

Psa. 145:5 On the glorious splendor of Your majesty and on Your wonderful works, I will meditate.

Focus on His work in your life and others

Psa. 77:11-13 I shall remember the deeds of the LORD; Surely I will remember Your wonders of old. I will meditate on all Your work And muse on Your deeds. Your way, O God, is holy; What god is great like our God?

Focus on His word

Psa. 119:15-16 I will meditate on Your precepts And regard Your ways. I shall delight in Your statutes; I shall not forget Your word.

Psa. 119:99 I have more insight than all my teachers, For Your testimonies are my meditation.

**Memorization touches the mind;
Meditation touches the heart.**