



BIBLICAL MEDITATION: THINKING THROUGH IT

1 TIMOTHY 4:15, PEW BIBLE PAGE #1235

What is biblical meditation?

- Simply put, it is taking time to _____ and reflect on God's truth.
- *"This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night..."* **Joshua 1:8**
- Our actions will follow after our thoughts.
- If we want to live godly (like God), we must _____ like God.
- The only way to do this is to spend time meditating on the Bible.

God's plan vs. Satan's plan of meditation

- Satan has a plan of meditation to counterfeit God's plan, with the most popular being transcendental meditation (TM).
- The focus on TM is subjective and _____, while the focus of biblical meditation is objective and outward (God and His Word).

- TM starts with _____; biblical meditation starts with _____.
- *"My meditation of him shall be sweet: I will be glad in the LORD."* **Psalm 104:34**
- *"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."*
Isaiah 26:3

What will biblical meditation do for the believer?

- It will provide _____ in your life.
Psalm 1:2-3
- It will help you to _____ God's Word. Joshua 1:8
- It will provide true _____ and understanding about this life. Psalm 119:99
- It will provide you with spiritual strength.
Psalm 119:23, 78

Biblical meditation – think through it! It can _____ your life.



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