

## **Meditate on the Word of God**

**MEDITATE** - To dwell on anything in thought; to contemplate; to turn or revolve any subject in the mind;

**Josh. 1:8** This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

**The time to meditate** – day and night

**Observe to do**

**Psa. 1:2** But his delight is in the law of the LORD; and in his law doth he meditate day and night.

**Psa. 63:6** When I remember thee upon my bed, and meditate on thee in the night watches.

**Psa. 77:12** I will meditate also of all thy work, and talk of thy doings.

**Psa. 119:148** Mine eyes prevent the night watches, that I might meditate in thy word.

**Psa. 143:5** I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

**Psa. 19:14** Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

**Psa. 119:99** I have more understanding than all my teachers: for thy testimonies are my meditation.

The Puritans thought of meditation this way as they described it as “preaching to yourself.” We take the Word of God that we hear and read, and we mull it over in our minds and then bring it to bear upon our lives in personal exhortations.

**Col. 3:16** - Meditation on Scripture will cause Scripture to “dwell in you” and become a source of wisdom in your mind, will, and emotions.

### Pay Attention to Each Word of Each Verse

Focusing on one verse at a time, quote it to the Lord, pondering each word. **With each recitation of a verse, emphasize a different word.** For example, if you are meditating on John 3:16, you would emphasize a different word each time you repeated the passage:

- “**For** God so loved the world ... .”
- “For **God** so loved the world ... .”
- “For God **so** loved the world ... .”
- “For God so **loved** the world ... .”
- “For God so loved **the** world ... .”
- “For God so loved the **world** ... .”

Be attentive. This simple method of meditation will reveal new insights and give you greater understanding of phrases and sentences. As you hear the words of the passage, you will discern truths that are often overlooked when the passage is read silently.