

Meditation

Psalms 119:97

Did you know the old timers used to read a portion of the Bible then they would meditate upon it?

Paul encouraged young Timothy to meditate on the things he had heard.

1 Timothy 4:15 Meditate upon these things...

Meditation is chewing up the food, and letting it digest. You see a cow chewing her food. I have seen them chew for hours. We called it "chewing the cud."

Meditation should be done...

1. Continually

Psalms 119:97 O how love I thy law! *it is* my meditation **all the day**.

2. Consciously (*a intentional decision each and every day*)

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

When we wake up we must decide to mediate on the things of God!

3. Communion-ly (*a deeper communion with God requires meditation in the night watches*)

Psalms 63:1-11 (5-6) My soul shall be satisfied as *with* marrow and fatness; and my mouth shall praise *thee* with joyful lips: When I remember thee **upon my bed**, *and* meditate on thee in the *night* watches.

Psalms 46:10 Be still, and know that I *am* God: I will be exalted among the heathen, I will be exalted in the earth.

3 Things We Need to Meditate On

1. **His Word**

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

2. **His Works** (The things He has done in your life)

Psalms 77:11-13 I will remember the works of the LORD: surely I will remember thy wonders of old. I will meditate also of all thy **work**, and talk of thy doings. Thy way, O God, *is* in the sanctuary: **who is so great a God as our God?**

Psalms 143:5

3. **His Ways** (The places His Will has led you)

Psalms 119:13-15 With my lips have I declared all the judgments of thy mouth. I have rejoiced in the way of thy testimonies, as *much as* in all riches. **I will meditate in** thy precepts, and have respect unto **thy ways**

Isaiah 55:8 For my thoughts *are* not your thoughts, neither *are* your ways my ways, saith the LORD.

Conclusion

When we truly MEDITATE on God and all that He has done, we too will be able to say :

Psalms 77:13 ... who is so great a God as our God?