

MEDITATION

Joshua 1:8 – *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

- “meditate” – to utter, speak; to meditate, devise, muse, imagine.

I Timothy 4:15 – *Meditate on these things; give yourself entirely to them, that your progress may be evident to all.*

- “meditate” – to attend to carefully; to meditate i.e. to devise.

Philippians 4:6-8 – *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ⁸Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

- “meditate” – LOGIZOMAI; to reckon inward, count up or weigh the reasons, to deliberate; by reckoning up all the reasons, to gather or infer; to consider, weigh, meditate on.
- **Isaiah 26:3** – *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*
 - “keep him” – to watch, to preserve, guard from dangers.
 - “perfect peace” – SHALOM-SHALOM.
 - “mind” – purpose, imagination.
 - “stayed” – to lean or lay upon, rest upon, lean against; to support, uphold, sustain.
 - “trusts” – is confident & secure.

Romans 4:16-21 – *Therefore it is of faith that it might be according to grace, so that the promise might be sure to all the seed, not only to those who are of the law, but also to those who are of the faith of Abraham, who is the father of us all ¹⁷(as it is written, “I have made you a father of many nations”) in the presence of Him whom he believed—God, who gives life to the dead and calls those things which do not exist as though they did; ¹⁸who, contrary to hope, in hope believed, so that he became the father of many nations, according to what was spoken, “So shall your descendants be.” ¹⁹And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah’s womb. ²⁰He did not waver at the promise of God through unbelief,*

but was strengthened in faith, giving glory to God, ²¹and being fully convinced that what He had promised He was also able to perform.

Mark 5:21-43 – Jairus & woman with the flow of blood.

- **Woman:**

- She heard of Jesus. “Heard” – to attend to, consider what is or has been said; to understand, perceive the sense of what is said.

- **[Strong’s]**

- She kept saying, “If I touch His clothes, I shall be made well.” [Many modern translations say that she thought to herself]

- **Jairus:**

- His faith must have been tested as he waited for Jesus to minister to the woman with the flow of blood.
- **Vs. 36 [AMP]** – Overhearing but ignoring what they said, Jesus said to the ruler of the synagogue, Do not be seized with alarm and struck with fear; only keep on believing.
- Jairus had to stay focused when he saw his daughter lying there.

Selah – used 71 times in Psalms. Meaning: a pause, a crescendo, or a musical interlude. It often follows an impressive statement, hence the pause for intensified reflection, perhaps with orchestral accompaniment.

Psalm 3 A Psalm of David when he fled from Absalom his son.

¹*LORD, how they have increased who trouble me! Many are they who rise up against me. ²Many are they who say of me, “There is no help for him in God.” **Selah***

³*But You, O LORD, are a shield for me, my glory and the One who lifts up my head. ⁴I cried to the LORD with my voice, and He heard me from His holy hill. **Selah***

⁵*I lay down and slept; I awoke, for the LORD sustained me.*

⁶*I will not be afraid of ten thousands of people who have set themselves against me all around.*

⁷*Arise, O LORD; save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly.*

⁸*Salvation belongs to the LORD. Your blessing is upon Your people. **Selah***