

Meditate!

Proverbs 4:23 [NLT] – *Guard your heart above all else, for it determines the course of your life.* [Issues; boundaries]

INTRO:

- **Meditate** – to focus one's thoughts on; reflect on or ponder over.
- **Isaiah 26:3** – *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*
 - “keep” – guard, defend.
 - “mind” – or meditation; a firm mind.
 - “stayed” – upheld; sustained.
 - “trusts” – to be secure, fear nothing.

Genesis 24:63 – *And Isaac went out to meditate in the field in the evening; and he lifted his eyes and looked, and there, the camels were coming.* [Rebekah]

- Isaac took a walk.

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 murmur or mutter (roar), ponder, imagine.

Psalm 1:1, 2 – *Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; ²But his delight is in the law of the*

Lord, and in His law he meditates [Margin: ponders by talking to himself] day and night.

Psalm 77:12 – *I will also meditate on all Your work, and talk of Your deeds. [Or exploits]*

Psalm 119:15 – *I will meditate on Your precepts, and contemplate Your ways.*

- To talk to oneself; to meditate, especially on divine things.

Psalm 119:23 – *Princes also sit and speak against me, but Your servant meditates on Your statutes.*

Psalm 119:48 – *My hands also I will lift up to Your commandments, which I love, and I will meditate on Your statutes.*

Psalm 119:78 – *Let the proud be ashamed, for they treated me wrongfully with falsehood; but I will meditate on Your precepts.*

Psalm 119:148 – *My eyes are awake through the night watches, that I may meditate on Your word.*

I Timothy 4:13-16 – *Till I come, give attention to reading, to exhortation, to doctrine. ¹⁴ Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. ¹⁵ Meditate on these things; give yourself entirely to them, that your progress may be evident to all. ¹⁶ Take heed to yourself and to the doctrine. Continue in them, for in doing this you will save both yourself and those who hear you. [Care for; imagine]*

Philippians 4:8 – *Finally, 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. [Consider, take account, weigh, meditate on]

II Corinthians 10:4-6 – *For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, ⁶ and being ready to punish all disobedience when your obedience is fulfilled. [KJV: *imaginings* – noun form of same Greek word.]*

Several times a day: [Especially morning & night] invest 2-3 minutes in meditating the answer.