

Meet with God Through Meditation

1. Your _____ is what you do with your _____ and what you _____ on is your _____.
2. The _____ is the _____ in the Bible where we learn _____ to pray.

Psalm 1:1-6 (NIV)

¹ Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

² But his delight is in the law of the LORD, and on his law he meditates day and night.

³ He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

⁴ Not so the wicked! They are like chaff that the wind blows away.

⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.

⁶ For the LORD watches over the way of the righteous, but the way of the wicked will perish.

3. Meditation is _____ reading rather than _____.
 - a. **Formative** is where _____ the _____ questions.
Informative is where the _____ you questions.
 - b. What does it _____ from me, _____ is it doing with me, _____ is it sending me, _____ is it saying it to me.

4. Meditation is the effecting of the _____ with the intense use of the _____.

a. Ask: _____ is it trying to tell me, _____ is it trying to tell me it, _____ is telling me it.

Psalm 32:3-5 (NIV)

³ When I kept silent, my bones wasted away through my groaning all day long.

⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah

⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"-- and you forgave the guilt of my sin. Selah

5. Meditation is _____ with the _____ rather than just _____.

Psalm 119:103 (NASB)

¹⁰³ How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!

Psalm 34:8 (NASB)

⁸ O taste and see that the LORD is good;

a. _____ language is _____, tasting, _____, smelling, and _____ the Words.

b. The Bible will _____ touch them until it has _____ you.

6. Praying the _____ is perhaps the _____ form of meditation.

I will meditate . . .

- God, I will meditate on Your love, for it is my delight. **Psalm 1**
- God, I will meditate, and may Your fire glow hot within me. **Psalm 39:3**
- God, I will meditate on Your unfailing love. **Psalm 48:9**
- God, I will meditate on Your works and consider all Your mighty deeds. **Psalm 77:12**
- God, I will meditate on Your precepts and consider Your ways. **Psalm 119:15**
- God, I will meditate on Your decrees even if rulers slander me. **Psalm 119:23**
- God, I will meditate on Your wonders. Please let me understand the teaching of Your precepts. **Psalm 119:27.**
- God, I will meditate on Your decrees, and I will lift up my hands to Your commands, which I love. **Psalm 119:48**
- God, I will meditate on Your precepts for I don't want to be an arrogant man put to shame. **Psalm 119:78**
- God, I will meditate all day long, oh, for how much I love Your law. **Psalm 119:97**
- God, I will meditate on Your statutes as I desire insight more than all worldly teachers. **Psalm 119:99**
- God, I will meditate on Your promises rising before dawn and crying for help. **Psalm 119:148**
- God, I will meditate on all Your works and consider what Your hands have done. **Psalm 119:143-5**
- God, I will meditate on all Your wonderful works. **Psalm 145:5**

I will meditate on (Your law)

I will meditate on (Your wonders)

I will meditate on (Your unfailing love)

I will meditate on (Your statutes)

I will meditate on (Your works)

I will meditate on (Your promises)

I will meditate on (Your decrees)

I will meditate (until I am *hot*)

I will meditate on (Your precepts)

I will meditate (all day long)