



Upon This Rock #4
Internalizing the Bible
By Louie Marsh, 2-7-2021

1) The Primary way to internalize Scripture is _____.

*“but his delight is in the law of the LORD, and on his law he **meditates day and night**. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.” (Psalm 1:2–3, ESV)*

2) What Is Biblical Meditation?

- It is:
- Pondering Scripture

“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful 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.” (Joshua 1:8, ESV)

- Specific passages or verses
- General doctrines or truths
- Pondering God’s _____

“I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.” (Psalm 143:5, ESV)

“¹Oh sing to the LORD a new song, for he has done marvelous things! His right hand and his holy arm have worked salvation for him.” (Psalm 98:1, ESV)

3) How Does It Work?

- A _____ examination of things.

“But Mary treasured up all these things, pondering them in her heart.” (Luke 2:19, ESV)

- Like a Cow _____:

“⁶when I remember you upon my bed, and meditate on you in the watches of the night;” (Psalm 63:6, ESV)

“⁶I said, “Let me remember my song in the night; let me meditate in my heart.” Then my spirit made a diligent search.” (Psalm 77:6, ESV)

4) Results of Meditation

- A new & deeper _____ of God.

“³My mouth shall speak wisdom; the meditation of my heart shall be understanding.” (Psalm 49:3, ESV)

- Wisdom _____ what I’ve had before.

“Oh how I love your law! It is my meditation all the day. Your commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for your testimonies are my meditation.” (Psalm 119:97–99, ESV)

“¹⁵Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.” (Philippians 3:15, ESV)

- My life will be more _____

“Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.” (Psalm 19:14, ESV)



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