



1) Biblical meditation is _____.

“³⁴May my meditation be pleasing to him, for I rejoice in the Lord.” (Psalm 104:34, ESV)

- Yes, I _____ do this!

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

2) Different kinds of biblical meditation:

- For spiritual _____.

*...²but **his delight is in the law of the Lord, and on his law he meditates day and night.** ³He 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 1:1–6, ESV)

- To _____ a problem.

“⁹⁷Oh how I love your law! It is my meditation all the day.

*⁹⁸Your commandment makes **me wiser than my enemies**, for it is ever with me. **⁹⁹I have more understanding than all my teachers**, for your testimonies are my meditation. ¹⁰⁰**I understand more than the aged**, for I keep your precepts. ¹⁰¹**I hold back my feet from every evil way**, in order to keep your word. ¹⁰²**I do not turn aside from your rules**, for you have taught me. ¹⁰³**How sweet are your words to my taste**, sweeter than honey to my mouth! ¹⁰⁴**Through your precepts I get understanding; therefore I hate every false way.**” (Psalm 119:97–104, ESV)*

- To _____ the courage I need to obey God.

*... ⁶**Be strong and courageous**, for you shall cause this people to inherit the land that I swore to their fathers to give them. ⁷Only **be strong and very courageous, being careful to do according to all the law that Moses ...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.** ⁹Have I not commanded you? **Be strong and courageous. Do not be frightened, and do not be dismayed**, for the Lord your God is with you wherever you go.”* (Joshua 1:1–9, ESV)

- Courage comes when I _____ what God says to do.

3) To be like Jesus I must understand & practice biblical _____.

*“¹⁴⁸My eyes are awake before the watches of the night, that I **may meditate on your promise.**”* (Psalm 119:148, ESV)

4) What to do while turning the other cheek.

... ³⁹But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also.” (Matthew 5:38–39, ESV)

“²³Even though princes sit plotting against me, your servant will meditate on your statutes.” (Psalm 119:23, ESV)

“⁷⁸Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts.” (Psalm 119:78, ESV)

“¹⁹... “Vengeance is mine, I will repay, says the Lord.” ²⁰To the contrary, “if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.” ²¹Do not be overcome by evil, but overcome evil with good.” (Romans 12:19–21, ESV)



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