

BIBLICAL MEDITATION

An Important, Yet Often Ignored Biblical Discipline Psalm 1:1-6

Meditation means “the act of focusing one’s thoughts: to ponder, think on, muse.” Meditation consists of reflective thinking or contemplation, usually on a specific subject to discern its meaning or significance or a plan of action.

BENEFITS

- ❖Worship (Ps. 77:11-15)
- ❖Accuracy (II Tim. 2:15)
- ❖Transformation (II Cor. 3:18)
- ❖Greater Faith (Rom. 10:17)
- ❖Joy (Ps. 92:4)

TO UNFOLD (I Cor. 2:10; Eph. 3:14-21)

- ❖Genesis 3:8-9
- ❖Exodus 40:34-38
- ❖II Samuel 7:12-19
- ❖Ezekiel 8-9; 10:15-22; 1:1-28; 43:1-7
- ❖John 2:19-21; cf. 1:14
- ❖I Corinthians 3:17; 6:19
- ❖Revelation 21:22; cf. 21:16; I Kings 6:20

Philippians 4:8

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