

Memorize

¹¹ Your Word I have hidden in my heart,
That I might not sin against You.

Why should we memorize God's Word?

Memorizing Scripture . . .

- (1) Supplies Spiritual Power
- (2) Strengthens Your Faith
- (3) Provides Guidance
- (4) Allows You to Witness and Counsel Others

Meditate (intense focus, intense concentration, to ponder)

¹⁵ I will meditate on Your precepts,
And contemplate [look into] Your ways.

²⁷ Make me understand the way of Your precepts; so shall I meditate on Your wonderful works.

⁴⁸ My hands also I will lift up to Your commandments, which I love, and I will meditate on Your statutes.

¹⁴⁸ My eyes are awake through the *night* watches, that I may meditate on Your Word.

Someone once said that 1 in 100 Christians read Scripture regularly;
1 in 1000 memorize Scripture; but only 1 in 10,000 meditate!

Biblical Meditation	Secular (Eastern Mystical) Meditation
Fill the mind with Scripture	Empty the mind
Focus on Christ	Focus on yourself (or nothing)
The result is important	The method is important

And remember what Paul (actually the Holy Spirit) directly instructs us in the Body of Christ to do: ***Whatever is true, noble, just, pure, lovely, and of good report, meditate on these things.*** (Phil 4:8).

You become like the thing you constantly think about.

Why should God be concerned with what we think or meditate upon?
Proverbs 23:7 *For as he thinks in his heart, so is he.*

it is imperative to intentionally cultivate meditation on God's Word.
But how?

- If possible, find a consistent time, place, and plan. Make it a habit. However, you can meditate at almost any time and any place. You can meditate when commuting to work or driving somewhere; waiting in line for something; waiting in a check-out line at a store; going for a walk; when mowing the lawn; while drinking that first cup of coffee; in bed before going to sleep; while sitting at the beach—there are always opportunities to meditate.
But keep in mind— everyone meditates differently because personalities are different.
- Read prayerfully.

- Then read slowly and carefully (or listen if using audio). Reread and reread. (Chew like a cow.)
- Read out loud (which is implied in the Hebrew word for meditation in Psalm 1:2).
- Read with a pen in hand—ANALYZE—ask questions and record thoughts the Holy Spirit impresses you with. Write down your thoughts and observations.
To cleanse our ways we need to meditate on the Word of God, and to work it over in our minds.
Is there some truth I should know from this verse?
How does this verse apply to my situation?
What should I do or stop doing according to this verse?
Is there a practice in my life I should change in light of this verse?
Is there a habit I ought to begin? Or stop?
Is there something I need to believe—the change what I believe?
- Memorize texts that you read—
- And then, and ONLY THEN, read with other people and talk about what you see or study
a book of the Bible with a good commentary.
- Finally, make words into thoughts and thoughts into actions.

Elmer Towns — 12 benefits of Biblical Meditation

- 1- You gain insight and instruction of truth (Ps 119:99; 2Tm 2:7)
- 2- You get a positive outlook on life (Ps 104:34)
- 3- You deepen your love for the Scriptures and God (Ps 119:97)
- 4- You become prosperous as you apply the insights gained (Jos 1:8).
- 5- You grow and become stable in the Christian life (Ps 1:2-3; Jn 15:4)
- 6- You develop a strong prayer life (Jn 15:7)
- 7- You are motivated to ministry (1Tm 4:15; 1Sam 12:24)
- 8- Meditation motivates you to godly sorrow/repent and live better (Ps 39:3; 2Cor 7:9-11).
- 9- You find the peace of God (Phil 4:8-9)
- 10- You get a clear focus to guide you in making decisions (Col 3:2; Mt 6:33)
- 11- You focus your life on Christ (Hb 12:3; 1 Jn 3:1)
- 12- You worship God in His majestic glory (Deut 4:39).

Master

¹⁷ Deal bountifully with Your servant,
That I may live and keep Your Word.

³⁴ Give me understanding, and I shall keep Your law;
indeed, I shall observe it with my whole heart.

4—M Approach to Life Using Scripture

Psalm 119:9-17

Psalm 119 has truly been

- A. a blessing, Ps. 119:1
- B. a lifestyle faith, Ps. 119:1-2
- C. a lamp to my feet and a light to my path, Ps. 119:105

I commend it to you with great joy, peace, and hope that it will effectively produce

- A. a desire to study the Bible
- B. a desire to live the Bible
- C. a deeper personal relationship with the Triune God

Mark it down (and investigate it)

⁹How can a young man cleanse his way?

By taking heed according to Your Word.

'Taking heed' [taking it seriously] — MARK IT DOWN

WORD OF GOD — Second Timothy 3.16

All Scripture is profitable for:

Teaching (show us what's right)

Reproof (shows us what's wrong)

Correction (shows us how to get right)

Training in Righteousness (shows and leads us to live right = according to God's standard, not men's standard of what's right)

Adequate, equipped for every good work

Watch your thoughts; they become you words.

Watch your words; they become your actions.

Watch your actions; they become your habits.

Watch your habits; they become your character.

Watch your character; it becomes your destiny.