

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

Joshua 1:8 NIV

- Here are some preliminary considerations as you begin this practice. These are not rules but biblical guidelines, so expect your meditation to vary and evolve over time:
 - First and foremost, remember that when you engage with God's Word you are engaging with a Person! Jesus Himself is The Word. (John 1:1)
 - Begin your devotional time by inviting God to show you what He wants you to see: Ps 119:18--Open my eyes, that I may see Wondrous things from Your law.
 - Read the Scriptures until something catches your attention. Stop there and focus on the truth that grabbed you trusting that this is God's message for you.
 - Take a few moments to think if this may be part of a theme. Has the Spirit drawn your attention to this principle in other ways recently?
 - Thank Him for speaking to you. Ask Him to plant this truth in your heart as you devote yourself to knowing it deeply.
- Now that the Lord has highlighted this truth, meditate on it. Take time to linger, to interact with Him and His message to you instead of rushing on to other passages.
- The Hebrew word for meditation means to utter, to sing, to remember, to celebrate, or to speak to oneself repeatedly. (Strong's H1897)
- This definition gives us some clues about how to approach the practice of meditation:
 - Read the Word aloud to yourself after writing it out first. Go back over it repeatedly. Consider each word or phrase: Pr 8:7a NAS—My mouth will utter truth
 - Sing songs containing the truth you're meditating upon: Ps 56:4--In God, I will praise His word, in God I have put my trust
 - Ask HS to remind you of times when God has performed this truth in your life or for someone else: Ps 77:11 NLT-- I recall all you have done, O LORD; I remember your wonderful deeds
 - Celebrate this truth in light of God's perfect faithfulness. Thank Him for what He will do in the future: Is 25:1 ERV-- LORD, you are my God. I honor you and praise your name, because you did amazing things. The words you said long ago are completely true; everything happened exactly as you said it would.
 - Speak God's truth out loud throughout your day: Ps 35:28--My tongue shall speak of Your righteousness *and* of Your praise all the day long.
- By looking at this truth again and again, it will enable you to take it down deep. You'll begin to see how God wants to use it in your life.
- When you revisit a portion of God's Word repeatedly it will gradually become rooted into your thinking. A mindset of biblical truth takes the place of your old beliefs.
- Enter God's presence to meditate by praying a prayer that is something like this one:
HS bring to mind a truth that You want me to know in the deepest part of my heart:

Lord, I want to focus on this truth through the practice of meditation as I meet with you in the coming days. Open my eyes that I may see the Wonderful things you have for me!