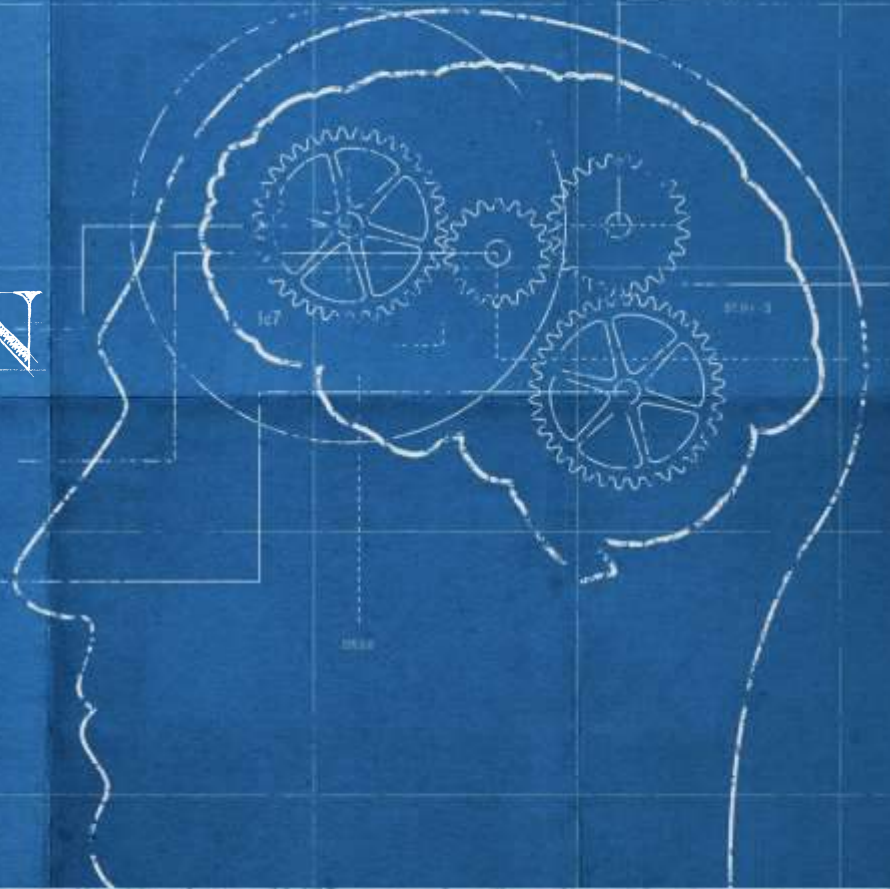


MAKING MEDITATION A HABIT

Joshua 1:8



DAY & NIGHT

- Consider the importance laid on meditation of God's word (Josh. 1:8; Psa. 1:1-2).
- It is a central theme of Psalm 119 (v. 15, 23, 27, 48, 78, 97, 99).
- It is meditation that takes us from mere hearers and brings us to being doers (Jas. 1:22-25).
- It is transformation of the mind that we are after here (Rom. 12:1-2; 2 Cor. 3:18).
- This is where we find the comfort we so desperately desire (Lk. 2:19).



TIPS FOR MEDITATION

- Read something that you can digest (Heb. 5:14).
- Look for the meaning of the text (Rom. 15:4).
- We need quietness of environment and mind (Col. 3:2).
- We need to limit the time we give our minds over to things below (Rom. 8:6-7; Phil. 4:8).

