

The Godly Talk To Themselves About Scripture

Today's Scripture: **Psalm 1**

The heart is deceitful above all things, and desperately sick; who can understand it? **Jeremiah 17:9**

Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered. **Proverbs 28:26**

1. What is So Special About Scripture Meditation?

This Book of the Law shall not depart from your mouth, 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. **Joshua 1:8**

(leave on PP)

Practice these things, immerse yourself in them, so that all may see your progress. **1 Timothy 4:15**

2. How Do We Actually Practice Meditation?

(1) Talk to God about the Scripture

(2) Talk to Yourself about the Scripture

Let us run with **endurance** the race that is set before us. **Hebrews 12:1**

Let us run with endurance the race that is set before us, **looking to Jesus**, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. **Consider him** who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. **Hebrews 12:1-3**

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. Therefore, having this ministry by the mercy of God, we do not lose heart.

2Corinthians 3:17- 4:1

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, **think about these things**. What you have learned and received and heard and seen in me—**practice these things**, and the God of peace will be with you.

Philippians 4:8-9

