

## *Understanding Meditation*

*(To ponder, to practice, to deliberately reflect, to be diligent)*

*Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and on His law he meditates day and night.*

*Psalm 1:2*

### *Deliberately reflect on who God is:*

<i>Deut. 32:4</i>	<i>Psalm 19</i>	<i>Psalm 145:13-17</i>
<i>Ecc. 3:14</i>	<i>Isaiah 40:28</i>	<i>John 1:14</i>
<i>Rom. 11:33</i>	<i>James 1:17</i>	

### *Ponder what God has done:*

<i>Psalm 8</i>	<i>Psalm 102:25</i>	<i>Job 33:4</i>
<i>Neh. 9</i>	<i>Gal. 3:13-14</i>	<i>Eph. 1:3-14</i>

### *Meditate on what God has said:*

<i>Deut. 6:4-12, 8:3</i>	<i>Job 38</i>	<i>Psalm 19:7-11</i>
<i>Psalm 119</i>	<i>Mt. 5:18</i>	<i>Rom. 15:4</i>
<i>Luke 17:1-10</i>	<i>1Tim. 3:16</i>	<i>Heb. 4:12</i>

### *Diligently practice what God has commanded:*

<i>Ex. 20:1-17</i>	<i>Deut. 6:6</i>	<i>Mt. 28:18-20</i>
<i>Eph. 6:1-20</i>	<i>Col. 3:16</i>	<i>John 13:34</i>
<i>1 John 3:21-24</i>	<i>1 John 5:1-5</i>	