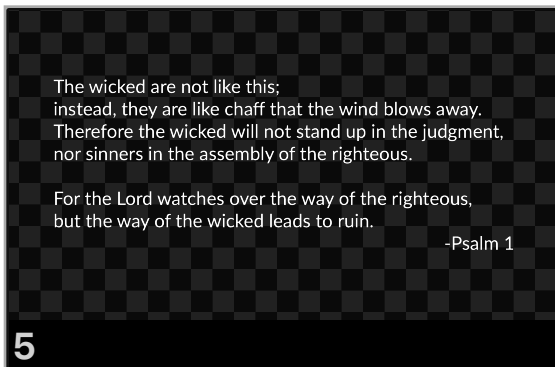
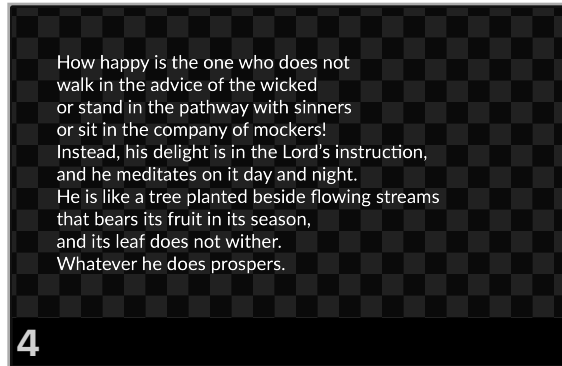
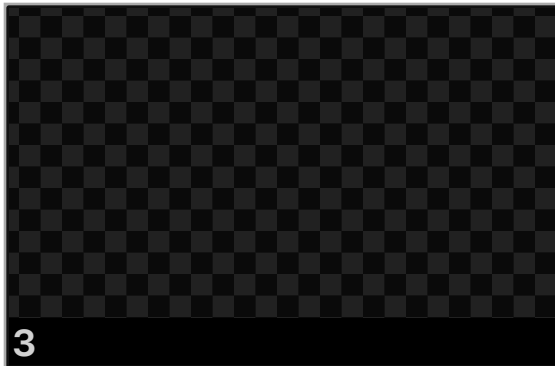
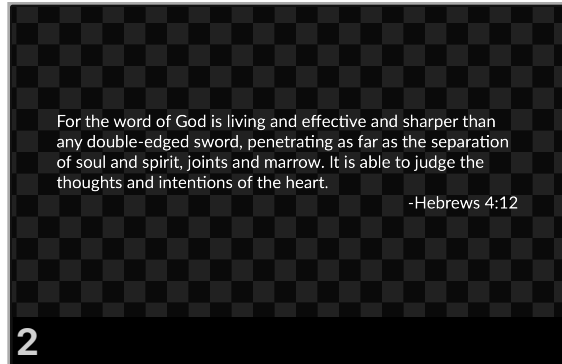
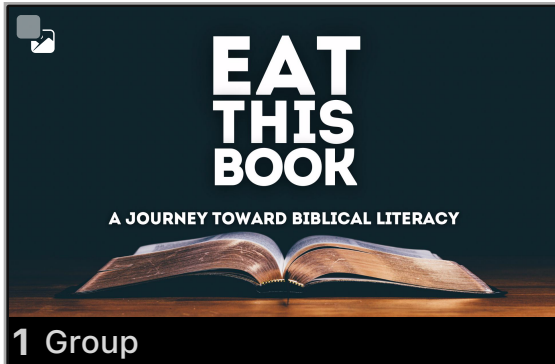


2024.02.18 - Psalm 1



Above all, be strong and very courageous to observe carefully the whole instruction my servant Moses commanded you. Do not turn from it to the right or the left, so that you will have success wherever you go. This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.

-Joshua 1:7-8

7

"Listen, Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, and with all your strength. These words that I am giving you today are to be in your heart. Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up. Bind them as a sign on your hand and let them be a symbol on your forehead. Write them on the doorposts of your house and on your city gates.

-Deuteronomy 6:4-9

8

"A good tree doesn't produce bad fruit; on the other hand, a bad tree doesn't produce good fruit. For each tree is known by its own fruit. Figs aren't gathered from thornbushes, or grapes picked from a bramble bush. A good person produces good out of the good stored up in his heart. An evil person produces evil out of the evil stored up in his heart, for his mouth speaks from the overflow of the heart.

-Luke 6:43-45

9

10

Five Ways to Meditate on Scripture:
1. Meditating on God Himself

11

"To contemplate on our God so that the vision of him in all of his majestic unsearchable greatness and goodness is embedded in our hearts is life changing. To grasp the truth that God is present everywhere with unlimited knowledge and power – that there is nothing that he does not know or anything outside of his control – and that he is infinitely good and loving, is to find adequacy for our finiteness, strength for our frailties, peace from anxiety and guilt, and balm for all our hurts.

12

To know our own heart as much as possible is vital in our spiritual growth, but to know God is primary. [...] Seeing the God of the Bible as a real living presence in our life also enables us to view our circumstances in their true reality."

-Robert Saucy

13

Five Ways to Meditate on Scripture:
2. Meditating on the Works of God

14

Five Ways to Meditate on Scripture:
3. *Meditating on God's Instructions*

15

Five Ways to Meditate on Scripture:
4. *Meditating on God's Promises*

16

Five Ways to Meditate on Scripture:
5. *Meditating Prominently on the Gospel*

17

"We can only change permanently as we take the gospel more deeply into our understanding and into our hearts. We must feed on the gospel, as it were, digesting it and making it part of ourselves. That is how we grow."
-Timothy Keller

18

Principles of Memorizing Scripture:
-Start Small
-Repeat, Repeat, Repeat
-Do Something Else
-Memorize with the Heart

19

Techniques to Memorizing Scripture:
-Index Card
-Record Yourself
-Make It Visible
-Repetitive Writing
-Repetitive Recitation

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