

Scriptures for Meditation

I. TEXT

A. Hebrews 11:15 (KJV) – *And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned.*

B. Mindful = memory – to remember – what the mind is full of
Here= Mind full of things relating to their old life

C. We are to renew our minds to;

1. Jesus
2. New Covenant
3. Covenant promises

II. Promises for Meditation during the COVID-19 Outbreak

Promises from Psalms

Psalms 119:50 (NLT) – *Your promise revives me; it comforts me in all my troubles.*

Psalms 3:1-3 (KJV) – ¹*A Psalm of David, when he fled from Absalom his son. LORD, how are they increased that trouble me! many are they that rise up against me. ²Many there be which say of my soul, There is no help for him in God. Selah. ³But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.*

Psalms 18:17-18 (KJV) – ¹⁷*He delivered me from my strong enemy, and from them which hated me: for they were too strong for me. ¹⁸They prevented me in the day of my calamity: but the LORD was my stay.*

Psalms 27:1-6 (KJV) – ¹*A Psalm of David. The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of*

whom shall I be afraid? ²When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. ³Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. ⁴One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple. ⁵For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock. ⁶And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

Psalms 55:16-18 (KJV) – ¹⁶*As for me, I will call upon God; and the LORD shall save me. ¹⁷Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. ¹⁸He hath delivered my soul in peace from the battle that was against me: for there were many with me.*

Psalms 55:22 (KJV) – *Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved*

Psalms 56:9 (KJV) – *When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.*

Psalms 62:5-7 (KJV) – ⁵*My soul, wait thou only upon God; for my expectation is from him. ⁶He only is my rock and my salvation: he is my defence; I shall not be moved. ⁷In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.*

Psalms 63:7-8 (KJV) – ⁷*Because thou hast been my help, therefore in the shadow of thy wings will I rejoice. ⁸My soul followeth hard after thee: thy right hand upholdeth me.*

Psalms 71:8 (KJV) – *Let my mouth be filled with thy praise and with thy honour all the day*

Psalms 71:16 (KJV) – *I will go in the strength of the LORD God: I will make mention of thy righteousness, even of thine only.*

Psalms 71:24 (KJV) – *My tongue also shall talk of thy righteousness all the day long: for they are confounded, for they are brought unto shame, that seek my hurt.*

Psalms 77:12 (KJV) – *I will meditate also of all thy work, and talk of thy doings.*

Psalms 118:5-6 (KJV) – ⁵*I called upon the LORD in distress: the LORD answered me, and set me in a large place.* ⁶*The LORD is on my side; I will not fear: what can man do unto me?*

Psalms 121:1-8 (KJV) – ¹*A Song of degrees. I will lift up mine eyes unto the hills, from whence cometh my help.* ²*My help cometh from the LORD, which made heaven and earth.* ³*He will not suffer thy foot to be moved: he that keepeth thee will not slumber.* ⁴*Behold, he that keepeth Israel shall neither slumber nor sleep.* ⁵*The LORD is thy keeper: the LORD is thy shade upon thy right hand.* ⁶*The sun shall not smite thee by day, nor the moon by night.* ⁷*The LORD shall preserve thee from all evil: he shall preserve thy soul.* ⁸*The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.*