

I. Introduction/Review

- A. Session 1 – The Measure of Faith
- B. Session 2 – Increasing Your Measure of Faith
- C. Session 3 – Single-Minded Faith
- D. Session 4 – Faith Knows
- E. Session 5 – Faith Speaks
- F. Session 6 – Faith Acts

II. Faith Meditates

A. Meditation Definition

1. To think deeply or focus one's mind.
2. To think deeply or carefully about something.
3. To consider or ponder.

Note: The world and some religions has taken meditation and made it something that it wasn't intended for. There is a genuine benefit to scriptural meditation that will greatly strengthen our faith.

B. What does the Word of God say about Meditation?

1. **Joshua 1:5-8 (NKJV)** – *⁶Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them. ⁷Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. ⁸This Book of the Law shall not depart from your mouth, but you shall **meditate** in it day and night, that you may observe to do according to all that is written*

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in it. For then you will make your way prosperous, and then you will have good success.

- a. **Meditate** – Heb – To speak with oneself in a low voice, to think out loud on something. This is done to keep the mind on subject. – to whisper, musing – to utter/speak – to imagine
 - b. **Meditation puts your mind on subject – to stay on subject for a period of time.** *Notice this passage says to meditate day and night.*
 - c. **The assignment here is for God’s people to put their mind on God’s instructions/word/promises and keep it at the center of their focus.**
 - d. **The reward for this type of mediation is great** – *You will make your way prosperous and have good success.*
 - Prosperous = to advance, to succeed – to be profitable – to make progress.
 - You will have good success.
2. **Psalms 1:1-3 (NKJV)** – ¹*Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful;* ²*but his delight is in the law of the LORD, and in His law he **meditates day and night**.* ³*He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.*
- a. **Meditate** – ponders by talking to himself
 - b. **His delight is in the law of the Lord.**
He takes delight in the Word of the Lord – He desires it and desires to obey it.

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- c. **He is thinking on the Word often.** He makes the Word of God a priority in his mind. He ponders the Word.
Ponder – to think about carefully, especially prior to making a decision.

3. **Psalms 77:11-12 (NKJV)** – ¹¹*I will remember the works of the LORD; surely I will remember Your wonders of old.* ¹²*I will also **meditate** on all Your work, and talk of Your deeds.*

- a. **Meditate and talk**
- b. **Faith needs to meditate on and talk about the things of God.**

4. **Other Old Testament Scriptures on Meditation**

a. **Psalms 119:13-15 (NKJV)** – ¹³*With my lips I have declared all the judgments of Your mouth.* ¹⁴*I have rejoiced in the way of Your testimonies, as much as in all riches.* ¹⁵*I will **meditate** on Your precepts, and contemplate Your ways.*

b. **Psalms 119:148 (NKJV)** – *My eyes are awake through the night watches, that I may meditate on Your word*

c. **1 Timothy 4:15 (NKJV)** – *Meditate on these things; give yourself entirely to them, that your progress may be evident to all.*

- *In verse 12, Paul had told Timothy to be an example to believers in word, in conduct, in love, in spirit, in faith and in purity. He also told him to give attention to reading, exhortation and doctrine.*
- *Paul was saying to Timothy, “If you want to be successful as a minister, you will have to give attention to some specific things – Meditate on these things – THEN your progress will be evident to all.*

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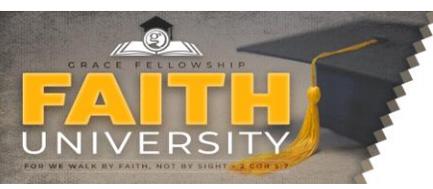
- *If we want the progress of our faith to be evident to all, we must give attention to the right things – MEDITATE on them!*

C. Putting meditation to work with your faith.

SEVEN BENEFITS OF MEDITATING ON GOD’S WORD

1. Because faith is based upon the Word of God, I need to meditate upon the Word of God daily to keep my faith alive and active.
2. Meditating on God’s Word will drive out fear. Fear is an enemy of my faith.
3. Meditating on God’s Word will increase my level of knowledge and understanding of spiritual things.
4. By meditating on God’s Word, I will be able to walk/live by the Spirit and not according to my flesh.
5. Meditating on God’s Word builds and develops courage in the time of spiritual warfare.
6. Meditating on God’s Word keeps me close to God.
7. Meditating on God’s Word keeps my faith on course and guards me from error.

Pastor’s Note: *One of the best ways to meditate on God’s word is to create a list of scriptures pertaining to a subject that interests you. (Examples – healing, love, peace, finances, thoughts, fear, reverencing God, etc.) Once you make a starter list, set aside time to look at those scriptures in your Bible daily. Read them aloud if possible and reflect on how they speak to you. Through the process, allow God to add more scriptures to your list and give you greater understanding from what you are studying. Repeat this process for several days. By meditating on specific scriptures, your faith will begin to develop and grow.*



Scriptures for Meditation Honoring God

Pastor's Note: When the scriptures speak of fearing God, they are speaking of reverential fear. This actually means to reverence, honor, respect and obey. When I read passages that speak of fearing God, I personally add the words "Honor and Reverence". For example I would read Psalms 115:11 like this, "You who fear (Honor and Reverence) the Lord, trust in the Lord – He is their help and shield". In this list of personal scriptures for meditation, I have included passages that may not use the term "Fear" but still speak to the subject of honoring God.

Psalms 25:12-14

Proverbs 19:23

Psalms 34:7-10

Psalms 31:19-20

Psalms 33:18-19

Psalms 111:5-6

Malachi 4:2-3

Psalms 112:1-8

Malachi 3:16-18

Philippians 2:12-13 – (Take time to look this up in the New Living Translation)

2 Corinthians 7:1 – (Take time to look this up in the Contemporary English Version)

Acts 9:31 – Notice; the early church was edified as they chose to walk in the reverence of the Lord. They also experienced the benefit of being comforted by the Holy Spirit and being multiplied.