



End Zones Fundamentals

Psalm 1:1-6 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the LORD, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. 4 Not so the wicked! They are like chaff that the wind blows away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6 For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.

What is the key to real happiness?

Who I dwell with and What I dwell on.

Psalm 119:97-99 Oh, how I love your law! I meditate on it all day long. Your commands are always with me and make me wiser than my enemies. I have more insight than all my teachers, for I meditate on your statutes.

What is prayerful meditation? To muse on God's message

I think through it.

I talk to myself about it.

I pray up my response to it.

Definition of Meditation: Focused thinking on a passage of Scripture so I can apply it's truth to my life.

What are the benefits of meditation?

Being **productive during all seasons.**

Being **prosperous in the eternal economy.**

Joshua 1:8 Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Five Ways to Meditate on Scriptures

Picture it.

Pronounce it.

Paraphrase it.

Personalize it.

Pray it.

Additional Study on Meditation:

Monday	Psalm 119:1-50
Tuesday	Psalm 119:51-100
Wednesday	Psalm 119:101-150
Thursday	Psalm 119:151-176
Friday	Philippians 4:8 and 2 Timothy 3:16-17



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