



Session 5 Keys to Meditating on God’s Word

I. TESTIMONY

Psalm 1:2 But, His delight is in the law of the Lord and in His law he meditates day and night.

Psalm 1:2 (Personalized) My great joy is in Jesus Christ, the Word of God, and in His Words I meditate day and night.

II. INTRODUCTION TO KEYS TO MEDITATING ON GOD’S WORD

- A. In Psalm 1 God gives us one of the most important keys to living a successful prosperous life, a “Blessed Beyond Belief” life, a life that flows from our union and communion with God - the Father God, Jesus Christ, and the Holy Spirit - the life God always intended for mankind. This key is described in Psalm 1:2.

Psalm 1:2 But his delight is in the law of the Lord, and in His law he meditates day and night.

- B. The Word of God is Jesus. When you look at Jesus life, you will understand more fully what the Word of God looks like in the context of this world. You will understand that Jesus’ life fully embodied the blessing of God as the first phrase in Psalm 1:1 states. Wherever Jesus went the blessings of God, beyond what anyone could think or imagine broke out. Healings, signs, wonders, and miracles poured forth from heaven through His life. Jesus shared unreservedly the blessings of God.

- C. Jesus was able to lead the life God purposed for Him, because He stayed in constant communion with God, only saying and doing what His Father said and did. You are able to say and do what your heavenly Father and His Son Jesus are saying and doing as you meditate on the Word of God and stay in a close abiding relationship with Him.

John 14:10 Jesus said... Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works.

John 5:19 Jesus said... Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner.

John 14:12 Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.

- D. You have a choice to answer God’s invitation in Psalm 1 to fellowship with Him through the Word of God, His Son Jesus Christ, and to enjoy His company (Psalm 1:2) OR to turn from Him and fellowship with the world (Ps.1:1) and enjoy its company.

1. Choosing God and enjoying Him.

Psalm 1:2 But his delight is in the law of the Lord, and in His law he meditates day and night.

2. Or, choosing the world and enjoying it.

Psalm 1:2 ...the counsel of the ungodly...the path of sinners...the seat of scoffers...

- E. Meditation involves seeing, hearing, thinking, knowing, believing, and speaking God's Word, as revealed in His Son Jesus Christ. As you treasure the Word of God, you will discover yourself abiding in Jesus Christ – in the Tree of Life (Ps. 1:3). The meditation of God's Word will encourage you, strengthen you, help you, uphold you, convict you, and transform you into the likeness and image of Jesus Christ.

III. KEY #1 - PUT ON THE LENS OF GOD'S LOVE

- A. One of the most crucial steps for meditating on the Word of God is putting on the lens of God's love for you, which is the lens of the New Covenant of God's grace that was purchased for you by Jesus' precious blood. As you put on God's love lens, it will help you to remember that God was willing to give up what was most valuable to Him, His Son Jesus Christ, so He could receive what He considered to be of equal value and that is you!

John 17:23 Jesus said "...that the world may know that You have sent Me, and have loved them as You have loved Me."

- B. The cry of God's heart was expressed by Jesus as He instituted the New Covenant at the last supper, telling us to take and eat of His body and drink of His blood doing it in remembrance of Him. I Cor. 11:24-25 Every time you meditate on God's Word, remember Jesus' great love for you, that He laid down His life becoming sin for you, so that you could obtain His righteousness through faith. (John 15:13; 2 Cor. 5:21)

- C. Without this lens, the enemy will distort the Truth. The enemy will give you a long never-ending list of things to do to prove your righteousness before God and to prove that you have earned the right to be loved and heard by Him.

John 8:31-32 Jesus said... "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

IV. KEY #2 – GET TO KNOW JESUS, WHO IS THE WORD OF GOD

- A. Jesus is not dead, He is alive. Jesus' Words are filled with the very spirit and life of Jesus Himself.

Revelation 1:18 I am He who lives, and was dead, and behold, I am alive forevermore.

John 6:63 The words that I speak to you are spirit, and they are life.

- B. Jesus' name is called the Word of God. If you want to get to know Jesus as a person, the One Who is the image of the invisible God (Col. 1:15; Heb. 1:13), you need to get to know the Word of God.

Rev. 19:13 His name is called The Word of God.

John 1:1 ...the Word was with God.

- C. Jesus, the Word of God, is always meant to be “fleshed out” in your life so His grace and truth can be experienced. Accept Jesus, the Word of God, as the new word for your life.

John 1:14 And the Word became flesh and dwelt among us ... full of grace and truth.

- D. Jesus is the High Priest of your confession, as well as your Savior and Lord. When you declare the Word of God, the Blessing of God, the Holy Spirit's power is released for that Word to become actual substance here on this earth.

Hebrews 3:1 Therefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our confession, Christ Jesus..

Hebrews 7:24-24 But He.... unchangeable priesthood. Therefore He is also able to save to the uttermost those who come to God through Him

- E. When you get to know Jesus, the Word of God, you will be hearing the greatest wisdom, understanding, and counsel you can ever be given for any situation along with the might to perform it.

Isaiah 11:2-3 The Spirit of the Lord shall rest upon Him (Jesus), the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord. 3 His delight is in the fear of the Lord...

**V. KEY # 3 – SEE MEDITATION ON GOD'S WORD AS A VITAL ASPECT OF PRAYER,
YOUR RELATIONSHIP WITH GOD**

LISTEN – SPEAK – LISTEN - SPEAK

- A. Some people distinguish meditation from prayer. However, meditation on God's Word is one of the most crucial elements of prayer. Prayer is talking with God, not just to God. Prayer is a two-way conversation with God.

- B. LISTEN - There are two gateways to your heart: your ear gate and eye gate. After the Word of God enters in through one of these gates, keep God's Word in your heart by going over it again and again. The more you hear God's Word, the more faith comes.

Proverbs 4:20-21 My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh.

Romans 10:17 So then faith comes by hearing, and hearing by the word of God.

- C. SPEAK - Give Voice to the Cry of Your Heart

In the Psalms, you will find almost every human thought and emotions for almost any situation you would face in life. You will be able to find your voice within the Psalms. Use these prayers and songs in the Psalms to help you express yourself to God. It is important to realize that the Psalms were inspired by God, so you can understand the importance of sharing your heart with Him.

D. LISTEN - Listen to God's Response

Don't be satisfied until you hear God's response, His Word, to the cry of your heart. He will reveal to you Who He is and who you are in Christ. When you hear His Word, His voice, come for the great exchange of the cross.

1. Give to God any of your fleshly thoughts and emotions that are not in alignment with the victory that Jesus Christ has purchased for you – verbally express them to God.
2 Corinthians 10:5 bringing every thought into captivity to the obedience of Christ...
2. Take, or receive, His thoughts and emotions as revealed by His Word, allowing His Word to transform you. Remember that God never wants to leave you in the same state in which you initially came to Him.

Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind

Proverbs 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.

Matthew 12:34 For out of the abundance of the heart the mouth speaks...

E. SPEAK - Repeat His Words back to Him out loud. As you speak His Word out loud, listen to again to what He is saying to you, allowing them to be written on your heart.

Ps. 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight.

VI. Key #4 Meditate Day and Night

A. Make a quality decision once you hear God's Word to meditate on it day and night, not allowing it to depart from your mouth.

Joshua 1:8 This 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 in it. For then you will make your way prosperous, and then you will have good success.

B. One of the reasons you are to meditate on God's Word day and night is because 24 -7 the enemy is seeking to make inroads into your heart through his words to steal what rightfully belongs to you – your Promised Land.

1 Samuel 17:16 And the Philistine (Goliath) drew near and presented himself forty days, morning and evening.

Nehemiah 4:9 Nevertheless we made our prayer to our God, and because of them we set a watch against them day and night.

Psalms 91: 5 You shall not be afraid of the terror by night, nor of the arrow that flies by day...

- C. Your meditation on the Word of God day and night acts like a thick invisible impenetrable shield causing the enemy to be unable to pierce your soul. And as you put God’s Word into your mouth, the sword of God goes forth to destroy the works of darkness.

VII. Key #5 Do the Word of God

1. If you will meditating on God’s Word, not only in your prayer time but throughout the day, you will begin to think like He thinks, speak like He speaks, and act like He acts.
2. Allow God’s Truth, the Word of God, the good praiseworthy report about what Jesus Christ has already accomplished for you through the cross, to fill your thinking so that you actually do God’s Word - believing it and obeying it.

Philippians 4:8-9 Finally, brethren, whatever things are true... noble ... just ... pure... lovely ... good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

James 1:22 But be doers of the word, and not hearers only.... 25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

3. Meditation on God’s Word allows it to dwell in you richly, giving you the wisdom and strength you actually need to do it.
Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom...and whatever you do in word or deed, do all in the name of the Lord Jesus.

VIII. Key # 6 Enjoy Mediating on God’s Word

Joy is a God given emotion that accompanies the meditating on God’s Word. Allow your emotions to come into alignment with the Word of God, which is full of joy.

Psalms 1:2 ...But his delight is in the law of the Lord.

Jeremiah 15:16 Your words were found, and I ate them... And Your word was to me the joy and rejoicing of my heart...

Matthew 4:4 But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

IX. PRACTICAL STEPS OF MEDITATING ON GOD’S WORD

- A. Open the Bible and read a passage of Scripture, thinking about what it is saying. Take notes of what you understand the Bible verse to say.
 1. Look up the meaning of the Bible verse in a Bible Commentary or other resource tool.
 2. Look up the Bible verse(s) in a different version of the Bible.
- B. Repeat and memorize the Bible Verse.

1. Repeat the Bible verse(s) out loud just like it appears.
2. Memorize the Scripture – Place the Bible Verses on index cards.
3. Slowly speak a Bible verse(s) out loud emphasizing first one word then the next or different portions by using a different tone of voice until you working your way through the verse or passage of Scripture, all the while listening in your heart to what God is telling you.
4. Choose just one word or phrase in the bible verse(s) to mediate on.

C. Personalize and Paraphrase the Bible Verse(s)

1. Declare the Bible verse(s) just like Jesus Himself was speaking it to you. You would insert your name and use the 2nd person personal pronoun (you) in the Bible verse(s). Paraphrase it.
Psalm 1:2 _____ (put your name in the blank) delight yourself in the Word of God. Meditate on Jesus, Who is the Word of God, day and night.

2. Personalize the Scripture by putting your name in it and using the first personal pronoun – I, me, my, and mine.

Psalm 1:2 My greatest joy in life is meditating on God’s Word, Jesus, every moment day and night.

3. Paraphrase, rewrite the Bible verse(s) in your own words. The above are some examples.

- F. Pray - Read the Word of God: Talk to God about the Bible verse(s), committing yourself to believe and/or obey it, asking the help of the Holy Spirit.
- G. See yourself inside of the passage of Scripture. Paraphrase its meaning as it relates to you. See yourself fully redeemed back to God and what this passage or Scripture is saying. Use all your senses as you envision the Word of God, allowing it to become your reality.
- H. Sing the Scripture – just like Songs of Scripture Ministry has done with Psalm 1.
- I. Draw the passage out or Bible Verse

X. Application

Take Psalm 1 and begin to practice the “Practical Steps of Meditating on God’s Word”. This week write on Psalm 1 personalizing and paraphrasing it in your own words. Share it with someone you know. Recite it before God throughout the week.