

## MEDITATION 101

Daily Meditation – Saturday August 23, 2025

Let's examine two very important verses in God's Word. (1) "This book of the law shall not depart from your mouth, but you shall *meditate* on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success" (Jos. 1:8).<sup>1</sup>

And (2) "But his delight is in the law of the Lord, and in His law he *meditates* day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers" (Ps. 1:2-3).

I don't read my Bible; I meditate on it. I believe meditation is much more intimate than reading. Meditation creates faith and gets God involved. What Satan is holding and/or blocking can only be recovered by faith. Therefore, the soul must be properly aliened to see manifestation and restoration.

Let's examine two more very important verses in God's Word. (1) "For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart" (Heb. 4:12). And (2) "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith" (Ro. 12:1-3).

We must renew our mind daily and pay attention to our words. Jesus managed the earth with His words. He said, "Peace be still to the sea." Also, "Lazarus come forth" and so on. Jesus stated, "Truly, truly, 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 the Father" (Jn. 14:12). Meditation is a spiritual weapon.

---

<sup>1</sup> All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus!