Meditate day and Night!

When I was a child, I used to memorize Scripture. Of course, I wasn't just learning it because I liked to. I did it for the prizes and awards I received for reciting the Bible verses to the Missionary at Bible School. I still remember many of those Scriptures today.

Psalms 1:1-2 calls a man who delights in the law of the Lord and meditates on his law day and night **BLESSED**, but somehow, in some Christian communities, meditating has become taboo. I would love for us to reclaim this spiritual discipline and reap its benefits as recommended in God's Word and practiced by David, a man after God's heart. As A child, Psalm 119:11 was one of the first verses of scripture I memorized.

"Your word have I hidden in my heart, that I might not sin against You."

"I will meditate on Your precepts And contemplate Your ways.
I will delight myself in Your statutes;
I will not forget Your word." Psalm 119:15-16

I hope sharing this method of meditating with you will help you connect more deeply with God's Word. Let's meditate on a familiar passage, Psalm 23:1, by saying the words of this verse slowly, emphasizing the next word with each recitation.

This can be done mentally or verbally. With each pass, pause and linger over the next word of emphasis, allowing the meaning and essence of the word to take shape in your mind and resonate in your heart. Say the entire verse each time.

The Lord is my shepherd; I shall not want.
The **Lord** is my shepherd; I shall not want.
The Lord **is** my shepherd; I shall not want.
The Lord is **my** shepherd; I shall not want.
The Lord is my **shepherd**; I shall not want.
The Lord is my shepherd; **I** shall not want.
The Lord is my shepherd; I **shall** not want.
The Lord is my shepherd; I shall **not** want.
The Lord is my shepherd; I shall not **want**.

I wish I remembered where I learned this meditation method because it has served as a way to savor God's Word and hide it in my heart for many years.

Enjoy Meditating on His Word!

By: Pam Lilly