



MEDITATE ON GOD'S WORD

In this lesson you will learn what “mediate” means and how to mediate on God’s Word.

I. What does “meditate” mean?

- A. To “meditate” is to think about, ponder, dwell on; to speak to yourself, mutter, or utter. It is important to have the Word of God before your eyes, to hear it, read it, and mediate on it.
- B. Joshua 1:8 – “This Book of the Law shall not depart from your mouth, but you shall mediate 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.”
 1. What you speak directs your life.
 2. The way you think, believe, and act are affected by words you speak.

II. Faith is the victory that overcomes the world – 1 John 5:4-5.

- A. The new birth places you in the family of God.
- B. When you are born again, you receive the nature of God, the ability to overcome.
- C. The key to overcoming faith is to meditate on the Word of God.

III. The Word of God is more important than what we eat.

- A. Matthew 4:4 – “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”
- B. Jeremiah 15:16 – “Your word was to me the joy and rejoicing of my heart.”
- C. Job 23:12 – “I have treasured the words of His mouth more than my necessary food.”

IV. Meditating on God’s Word will renew your mind.

- A. 2 Corinthians 5:17 – “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”
 1. Before you were born again, your body and mind controlled your life.
 2. Once you get born again, your spirit should be in control of your thoughts and body.
- B. Ephesians 4:22-24 – Be renewed in the spirit of your mind.
- C. Psalm 1:1-2 – “Blessed is the man ... [whose] delight is in the law of the Lord, and in His law he meditates day and night.
- D. John 15:7-8 – Abide in Him and let His words abide in you.

DISCUSSION QUESTIONS

- When did you learn what it means to mediate on God’s Word?
- Share how the Word of God is more important to you than the food you eat.
- How has meditating on God’s Word helped to renew your mind?

BE A DOER OF THE WORD

This week begin to apply this lesson to your life by mediating on God’s Word daily.

SCRIPTURE MEMORY VERSE

John 15:7 – “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”