

MEDITATION = SUCCESS

As you look at those two words, there does not appear to be a clear transition automatically seen. As a matter of fact it's only God that can fill you in on understanding the process of how meditation brings prosperity and success into your life. You must first of all know and commit yourself to His conditions and terms for this to work. Now let's define Biblical meditation - "quiet contemplation (careful thought) of spiritual truths from God's Word". To meditate means to think about, or ponder, to concentrate on continually, like a cow chewing its cud - bring it up again to mull over it and get more out of it. According to the following verses, what is to be the object of our meditation?

Psalms 119:148 -
Josh. 1:8 -
I Tim. 4:15 -

What does Deut. 6:7 and Ps. 4:4 say about the frequency of meditating on God's Word?

How could 3x5 cards and/or others help you to make this an important and valuable project?

Meditation involves several key factors: first you have to memorize portions of Scripture. If you don't commit it to memory, you won't have it when you need it! Next you need to internalize it, get it into every area of your inner life, by:

- . picturing or visualizing it with mental pictures
- . reinforcing it by putting it to music (emotionally)
- . defining every word in the passage or verses
- . expanding and amplifying the meanings
- . illustrating it
- . sharing it with others
- . associating it with other things you've learned
- . connecting it within the flow of the context
- . review it continually

Next you need to personalize it, make it your own - actualize it by asking:

- . How can I practically live this out in my life today?
- . How should I change my thinking or attitudes?
- . How does this effect my responses and actions toward God? others? circumstances?

The more you utilize and apply what you've been meditation on, the more a part of your life it will be and then the following will be true.

Ps. 1:2-3 -
Josh. 1:8 -
Ps. 119:97-100 -
Ps. 119:9-11 -
Prov. 4:4 -
I Tim. 4:15 -
Ps. 63:5-6 -
Ps. 49:3 -
Prov. 16:22 -
Ps. 119:165 -
Rom. 10:17 -

The above promises are motivation enough! God has promised peace, faith, joy, love, success, prosperity, life, victory over sin, wisdom, understanding, satisfaction, purpose, etc. It is very clear that apart from the Word of God we can do nothing. (Jn. 15:4)!