

IV. Reasons to Meditate

A. To find God's best for your life.

- Psalm 1:1 Blessed is the Man that not in The counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. 2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.

B. To show progress in your life.

- 1 Timothy 4:15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

C. To be more like Jesus.

- Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

D. To obey God.

- Josh. 1:8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous; and then thou shalt have good success.

V. Conclusion

Psalm 19:14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

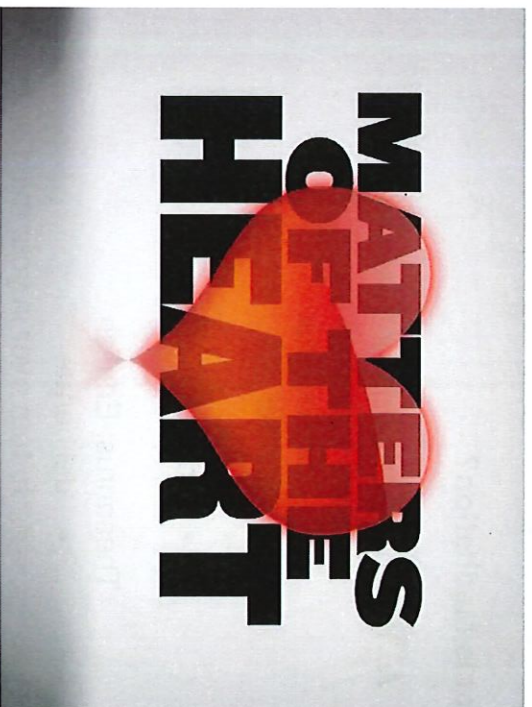
A. What have you been thinking about?

B. Are the thoughts of your mind good things?

- Psalm 19:14 Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

C. Will you start meditating on God's things?

D. I sure hope so.



The Meditations of The Heart

By Pastor Bill Keith

June 4, 2023

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- COGITATE..... CHEW OVER!
- A cow does to grass and grain, what we do to thoughts when we meditate on them.

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I. What Is Meditation?

A. It comes from the word: **MEDITATE.**

Thesaurus: English

- contemplate
- ponder
- think
- consider

Thesaurus: English

- deliberate
- to turn over in your mind
- mull over
- reflect

B. The Cow and His Cud

- Have you ever noticed that cows chew a lot?
- The Cow and His Stomach(s)

C. COGITATE

- Think Consider
- Reflect Deliberate
- Ruminare Meditate
- Ruminare
- Ponder
- Think over
- Reflect

II. What Do You Meditate On?

- A. Prov. 23:7 For as he thinketh in his heart, so is he:
- B. Job 31:1 I made a covenant with mine eyes; why then should I think upon a maid?

III. What Should We Meditate On?

- A. It shouldn't be dirty stuff.
- B. It shouldn't be nasty stuff.
- C. It shouldn't be sinful stuff.
Matt. 7:17 Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. 18 A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit.
- D. It should be clean stuff.
- E. It should be Holy stuff.
- F. It should be good stuff.
Matt. 12:33 Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue and if there be any praise, think on these things.