

# The Remarkable Benefits OF MEDITATING ON SCRIPTURE

MEETING  
**GOD**  
IN SCRIPTURE

## #1 STEADINESS, STRENGTH AND STABILITY

By meditating on God's Word, we become rooted and grounded in the goodness of God and find ourselves delighting in God, not distracted by what others do. We're not so easily tempted to join the world's self-focused, hurtful attitudes and activities (Psalm 1:1-3).

We focus our attention on creation all around us (works of God) and God's beneficial ways of doing things. (Psalm 19:14). This puts us in a frame of mind where we're less likely to drift into old faults and more likely to live a fulfilling God-drenched life (Psalm 19:11-13).

### **PSALM 1:1-3**

Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
and who meditates on his law day and night.  
That person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.

### **PSALM 19:9-14**

The fear of the Lord is pure,  
enduring forever.  
The decrees of the Lord are firm,  
and all of them are righteous.  
They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the honeycomb.  
By them your servant is warned;  
in keeping them there is great reward.  
But who can discern their own errors?  
Forgive my hidden faults.  
Keep your servant also from willful sins;  
may they not rule over me.  
Then I will be blameless,  
innocent of great transgression.  
May these words of my mouth and this  
meditation of my heart  
be pleasing in your sight,  
Lord, my Rock and my Redeemer.

Copyright © 2016, Jan Johnson and Matt Rhodes

MeetingGodInScripture.com

# The Remarkable Benefits OF MEDITATING ON SCRIPTURE

MEETING  
**GOD**  
IN SCRIPTURE

## #2 RESPONDING TO MISERY AND DESPAIR VERY DIFFERENTLY

When despair threatens to take over our day or even our life, we more easily “call to mind the deeds of the Lord” and not drown in sadness (Psalm 77:11–12). And, when we pray in the midst of despair, we shift to thinking about the good things God has done (Psalm 143:1–6).

When we are so distressed we can't sleep, we are still able to focus on God's goodness and nearness to us instead of all the chaos around us (Psalm 143:5, 8).

### **PSALM 77:11–12**

I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.  
I will consider all your works  
and meditate on all your mighty deeds.

### **PSALM 143:1–6**

Lord, hear my prayer,  
listen to my cry for mercy;  
in your faithfulness and righteousness  
come to my relief.  
Do not bring your servant into judgment,  
for no one living is righteous before you.  
The enemy pursues me,  
he crushes me to the ground;  
he makes me dwell in the darkness  
like those long dead.  
So my spirit grows faint within me;  
my heart within me is dismayed.  
I remember the days of long ago;  
I meditate on all your works  
and consider what your hands have done.  
I spread out my hands to you;  
I thirst for you like a parched land.  
Answer me quickly, Lord;  
my spirit fails.  
Do not hide your face from me  
or I will be like those who go down to the pit.  
Let the morning bring me word of your unfailing love,  
for I have put my trust in you.  
Show me the way I should go,  
for to you I entrust my life.

# The Remarkable Benefits OF MEDITATING ON SCRIPTURE

MEETING  
**GOD**  
IN SCRIPTURE

## #3 MORE JOYFUL

As we focus on details of creation and how wisely and even cleverly the world was made, we become joyful—we even want to sing (Psalm 104:34). (No doubt, we notice small things other miss.)

We find worship to be easy. We want to declare God's greatness and shout and sing. We don't have to "get in the mood" (Psalm 145:5-7).

### **PSALM 104:34**

May my meditation be pleasing to him,  
as I rejoice in the Lord.

### **PSALM 145:5-7**

They speak of the glorious splendor of your majesty—  
and I will meditate on your wonderful works.  
They tell of the power of your awesome works—  
and I will proclaim your great deeds.  
They celebrate your abundant goodness  
and joyfully sing of your righteousness.

# The Remarkable Benefits OF MEDITATING ON SCRIPTURE

MEETING  
**GOD**  
IN SCRIPTURE

## #4 EASIER TO OBEY—TO DO THE THINGS WE'VE TRIED AND FAILED TO DO BEFORE

We truly long for God, to do the things that God knows creates a flourishing life of well-being. Doing what God wants doesn't seem dreary or difficult but the best way forward (Psalm 119:10-15).

### **PSALM 77:11-12**

I will remember the deeds of the Lord;  
yes, I will remember your miracles of long ago.  
I will consider all your works  
and meditate on all your mighty deeds.

### **PSALM 119:10-15**

I seek you with all my heart;  
do not let me stray from your commands.  
I have hidden your word in my heart  
that I might not sin against you.  
Praise be to you, Lord;  
teach me your decrees.  
With my lips I recount  
all the laws that come from your mouth.  
I rejoice in following your statutes  
as one rejoices in great riches.  
I meditate on your precepts  
and consider your ways.

Want to discover more benefits  
of meditating on Scripture?

Join us for a free online workshop!

[CLAIM MY SPOT](#)

Copyright © 2016, Jan Johnson and Matt Rhodes

MeetingGodInScripture.com