#### Lesson 8 Meditate on God's Word

**Take Time to Meditate**.

Meditate on what you have read. Meditate on the greatness and holiness of God. Meditate on Gods blessings to you and your family. We don't meditate because we are in such a hurry all the time. There will be times when meditation will be the best part of your quiet time.

*Ps 46:10 10"Be still, and know that I am God; NIV*

*Isa 6:2-3 3And they were calling to one another: "Holy, holy, holy is the LORD Almighty; NIV*

*Rev 4:8 8 Each of the four living creatures had six wings and was covered with eyes all around, even under his wings. Day and night they never stop saying:*

*"Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come." NIV*

**David, a man after God’s own heart spent a lot of time meditating on God.**

Look at all the ingredients in mediation revealed in the following prayers:

Reviewing, Recalling, Reflecting, Remembering, Requesting,

God’s Goodness, Grace, and Intervention. Our Gratitude and Humility.

There can be more than one answer. Answer as you see it.

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| ***2 Sam 7:18-29*** *18 Then King David went in and sat before the LORD, and he said: "Who am I, O Sovereign LORD, and what is my family, that you have brought me this far?* | **Remembering, Humility**  **God’s Goodness** |
| *19 And as if this were not enough in your sight, O Sovereign LORD, you have also spoken about the future of the house of your servant. Is this your usual way of dealing with man, O Sovereign LORD?* | **Recalling a promise** |
| *20 "What more can David say to you? For you know your servant, O Sovereign LORD.* | **His Greatness**  **Our Humility** |
| *21 For the sake of your word and according to your will, you have done this great thing and made it known to your servant.* | **Gods Greatness and Goodness.** |
| *22 "How great you are, O Sovereign LORD! There is no one like you, and there is no God but you, as we have heard with our own ears.* | **God’s Greatness** |
| *23 And who is like your people Israel-- the one nation on earth that God went out to redeem as a people for himself, and to make a name for himself, and to perform great and awesome wonders by driving out nations and their gods from before your people, whom you redeemed from Egypt?* | **God’s Goodness and Grace** |
| *24 You have established your people Israel as your very own forever, and you, O LORD, have become their God* | **God’s Grace. Recalling His promise** |
| *25 "And now, LORD God, keep forever the promise you have made concerning your servant and his house. Do as you promise,* | **\_Recalling a promise and requesting intervention\_\_** |
| *26 so that your name will be great forever. Then men will say, 'The LORD Almighty is God over Israel!' And the house of your servant David will be established before you*. | **Requesting for God** |
| *27 "O LORD Almighty, God of Israel, you have revealed this to your servant, saying, 'I will build a house for you.' So your servant has found courage to offer you this prayer* | **David’s Gratitude\_\_\_** |
| *28 O Sovereign LORD, you are God! Your words are trustworthy, and you have promised these good things to your servant*. | **God’s Goodness, His Greatness** |

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| *29 Now be pleased to bless the house of your servant, that it may continue forever in your sight; for you, O Sovereign LORD, have spoken, and with your blessing the house of your servant will be blessed forever." (NIV)* | **David’s request** |
| **ANOTHER PRAYER AND MEDITATION BY DAVID** |  |
| Ps 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night. (KJV) | **David’s Gratitude\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Ps 63:6-7 When I remember thee upon my bed, and meditate on thee in the night watches. 7 Because thou hast been my help, therefore in the shadow of thy wings will I rejoice | **Reflecting on Goodness & giving gratitude\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Ps 77:12 I will meditate also of all thy work, and talk of thy doings. (KJV | **Humbleness\_\_\_\_\_\_\_\_\_\_** |
| Ps 77:12 I will meditate also of all thy work, and talk of thy doings. (KJV) | **Reflecting on God’s Greatness**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Ps 119:15 I will meditate in thy precepts, and have respect unto thy ways. (KJV) | **Reflecting on Goodness. Humility\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Ps 119:48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes. (KJV) | **Recommitment\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| Ps 143:5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. (KJV) | **Remembrance \_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 2 Sam 22:49-50And that bringeth me forth from mine enemies: thou also hast lifted me up on high above them that rose up against me: thou hast delivered me from the violent man. 50 Therefore I will give thanks unto thee, O LORD, among the heathen, and I will sing praises unto thy name. | **\_Gratitude\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |