

### Biblical Meditation 3

#### I Review: What Are the Objectives of Meditation?

- A. W \_\_\_\_\_ Psalms 24:7
- B. I \_\_\_\_\_ Psalms 119:99-100
- C. M \_\_\_\_\_ and e \_\_\_\_\_ Josh 1:8
- D. T \_\_\_\_\_ Rom 12:2

#### II. When Should We Meditate?

- A. At prescribed times Psalms 4:4;63:6
- B. Through the day Psalms 1:2

#### III. Why Should We Meditate?

- A. Because of what the Bible is: \_\_\_\_\_
- B. Because of what man is and needs \_\_\_\_\_

#### IV. The Benefits of Biblical Meditation

- A. Helps us focus on \_\_\_\_\_
- B. Helps increase our knowledge of \_\_\_\_\_
- C. It is the \_\_\_\_\_ of wisdom.
- D. It enlarges our \_\_\_\_\_ by helping us trust God.
- E. It is the bellows of \_\_\_\_\_ toward God.
- F. It fosters \_\_\_\_\_ and \_\_\_\_\_
- G. It is a great friend of \_\_\_\_\_.
- H. It helps us view \_\_\_\_\_ as a discipline.
- I. It transfuses the Scripture through the texture of the \_\_\_\_\_

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