



Five Irreplaceable Benefits of Bible Meditation

Why You Want to Join the Chapter a Month Club

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“But his delight is in the law of the Lord, and on his law he meditates day and night.” Psalm 1:2

“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Joshua 1:8

“meditate” Heb. HAGAH 25X “meditate, speak, mutter, growl, groan, study, imagine, plot”

1. To activate all God has deposited inside us.

To reach our full potential

To accomplish our God-given assignment

“prosper” Heb. TSALACK 65X “to activate, advance, break through, accelerate, progress, succeed, make profitable, prosper” (Joshua 1:8, Psalm 1:3)

“successful” Heb. SAKAL 63X “gain insight, gain prudence, act in wisdom, make good decisions”

“I have more insight (SAKAL) than all my teachers, for I meditate (HAGAH) on your statutes.” Psalm 119:99

2. To build a heart that delights in God’s Word

“But his delight is in the law of the LORD, and on his law he meditates day and night.” Ps. 1:2

3. To heighten my ability to hear God’s voice

“He who has an ear, let him hear what the Spirit says to the churches.” Revelation 2:7

“The sword of the Spirit which is the Word of God.” Ephesians 6:17

“Man does not live by bread alone but by every word that comes from the mouth of God.” Matthew 4:4

4. To bring others along with me, particularly the next generation.

“And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.” 2 Timothy 2:2

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.” 2 Timothy 3:16-17

“These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.” Deuteronomy 6:6-9

5. To live a transformed life

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2

“... and have put on the new self, which is being renewed in knowledge in the image of its Creator.” Colossians 3:10

Stages of Memorizing-Meditating

Medicine, tastes bad but you know it’s good for you.

Cereal, dry but nutritious

Peaches and cream

1. Memorize, intellectual level
2. Visualize, emotional level
3. Personalize, volitional level
4. Harmonize, transformational level

When to Memorize-Meditate

“These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.” Deuteronomy 6:6-7

1. Free time at home *“when you sit at home” Deut. 6:7*
2. Drive time *“when you walk along the road” Deut. 6:7*
3. Bed time *“when you lie down” Deut. 6:7*
4. First thing in the morning, *before Facebook or computer “when you get up” Deut. 6:7*

