

Week 8

James 4:7-10 (NASB95) ⁷ Submit therefore to God. Resist the devil and he will flee from you. ⁸ Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. ⁹ Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. ¹⁰ Humble yourselves in the presence of the Lord, and He will exalt you.

Week 9

Romans 8:1-2 (NASB95) ¹ Therefore there is now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

Week 10

Joshua 1:8 (NASB95) ⁸ This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.

Week 11

Ephesians 2:10 (NASB95) ¹⁰ For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Week 12

Hebrews 12:1-2 (NASB95) ¹ Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, ² fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

¹Steve Farrar, *Finishing Strong* (Multnomah Publishing, 1995), 66.

²Max Lucado, *Just Like Jesus* (Nashville: Word Publishing, 2001), 48.

A 12-Week Plan for Biblical Meditation

A 12 Week Plan for Biblical Meditation

Men, this pamphlet is designed to help you begin the practice of Biblical meditation by providing one verse a week for twelve weeks. By meditating on these verses and committing them to memory, you will gain insight into the character of God and the character He desires to see in you. You will also gain powerful ammunition to fight off the enemy.

Look up each verse and write it down on a note-card or a sticky note. Put one on the dash of your vehicle, put another in your appointment book, paste another on your desk, attach another near your computer, slide another in your shirt pocket, stick another on your bathroom mirror. Place the verses anywhere your eyes look on a regular basis.

After a while, the verse will become very familiar, because as you go through the day, you will always have the Word of God in front of your face – consciously or subconsciously. That’s meditation! From time to time you will come up against temptation. So what do you do? You immediately spit the Word of God right into the eye of that temptation – and that’s how you beat it – but if you don’t have His Word in you, then you can’t pull it out of you.¹

Take the challenge. Stick with it. See what God will do! For it to work, you’re going to need: an open time, an open Bible, and an open heart. Have those 3 things, and God will speak – and you will hear – and the results will show!

The first step in reading the Bible is to...*ask God to help you understand it*. Before reading the Bible, pray. Don’t go to Scripture looking for your own idea; go searching for God’s.²

The second step is to...*study the Bible a little at a time*. God seems to send messages as He did His manna: one day’s portion at a time. He provides “a command here, a command there. A rule here, a rule there. A little lesson here, a little lesson there” Choose depth over quantity.

The third step is to...*have a listening heart*. We know we are listening to God when what we read in the Bible is what others see in our lives. We can’t preach what we don’t practice, at least not effectively!

Got it? *Pray – Study – Listen*

Week 1

Psalm 1:1-2 (NASB95) ¹ How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! ² But his delight is in the law of the LORD, And in His law he meditates day and night.

Week 2

1 Corinthians 16:13-14 (NASB95) ¹³ Be on the alert, stand firm in the faith, act like men, be strong. ¹⁴ Let all that you do be done in love.

Week 3

1 Peter 3:7 (NASB95) ⁷ You husbands in the same way, live with *your wives* in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

Week 4

Proverbs 5:18-19 (NASB95) ¹⁸ Let your fountain be blessed, And rejoice in the wife of your youth. ¹⁹ As a loving hind and a graceful doe, Let her breasts satisfy you at all times; Be exhilarated always with her love.

Week 5

Psalm 19:12-14 (NASB95) ¹² Who can discern *his* errors? Acquit me of hidden *faults*. ¹³ Also keep back Your servant from presumptuous *sins*; Let them not rule over me; Then I will be blameless, And I shall be acquitted of great transgression. ¹⁴ Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my rock and my Redeemer.

Week 6

Colossians 2:13-14 (NASB95) ¹³ When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, ¹⁴ having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

Week 7

1 Thessalonians 4:3-5 (NASB95) ³ For this is the will of God, your sanctification; *that is*, that you abstain from sexual immorality; ⁴ that each of you know how to possess his own vessel in sanctification and honor, ⁵ not in lustful passion, like the Gentiles who do not know God;