



8

*Living
the Life*

**CREATIVELY
CONNECTING
WITH GOD**

MEDITATING FOR LIFE!

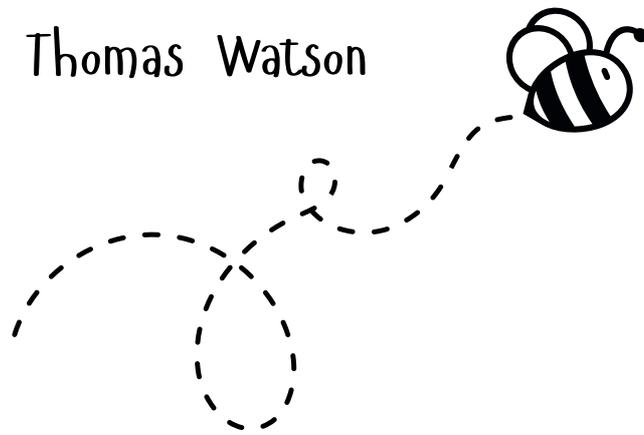
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“The promises of God are flowers
growing in the paradise of Scripture.
Meditation, like the bee, sucks out the
sweetness of them.”

- Thomas Watson



Journey Guide



Introduction: The Art of Chewing

Enriching Your Life Through Meditation

Memorize

Snowballs & Snowmen: Learning to Layer for Life!

Coloring Page

1. Contemplate The Context/Coloring Page
2. Consider Alternative Wording/Contemplative Doodling
3. Camp Out In A Different Translation/Prayerful Patterns
4. Consult Key Word Definitions/Create A Border
5. Cross Reference Conections/Create A Banner
6. Consider What You Learn About God/Word Art
7. Connect To Your Life/Sketch

Coloring Pages for Review & Beyond

Creative Meditation Ideas!

Connect To Your Life

Living The Life

Treasure To Remember

The Art of Chewing



How well do you chew? Unfortunately, most people don't know how to chew well. We live in a big gulp society where fast food is the norm. Get it and go! The quicker the better!

But taking time to thoroughly chew is important. As the first step in digestion, chewing is key for breaking down larger particles so the body can digest and absorb needed nutrients. When people don't chew well, problems can result such as gas, bloating, constipation, food reactions, headaches, even lower energy levels. Chewing well is necessary for our physical health. It is also vital spiritually.

In Psalm 34:8 we're encouraged to "taste and see that the Lord is good." That doesn't mean taking a tiny bite but to really taste and let the flavor soak in. There's a difference between a two year old tasting a new food dubiously to see if she likes it and an epicure tasting to savor rich flavors, reap full benefit, and enjoy each bite.

It's like the difference between downing shots at a bar and a wine tasting party where you go slow, first observing the color, then inhaling the aroma, finally swishing a small bit around your tongue so you fully experience all the wine has to offer. As your senses are fully engaged, the subtle nuances are savored and experienced.

When it comes to God's Word are you more like a fast foodie or an epicure? More like a beer guzzler or a wine connoisseur?



We must learn to savor, chew, taste...
to slow down when ingesting God's Word.

How available are you to do this?



There is a fascinating verse in Mark 4:24:

And he said to them, "Pay attention to what you hear: with the measure you use, it will be measured to you, and still more will be added to you."

Did you catch that word "will" in the verse? This is a promise from God.

When we are available to pay attention for longer periods of time, we're going to receive even more.

Jean Fleming once asked a group of people to camp out in a passage and record their observations. After five minutes she had them draw a line, then continue recording their observations. After ten minutes she instructed them to draw another line and keep recording observations. She did the same after fifteen minutes and again after twenty minutes until they'd spent a half hour in the passage.

Then she instructed them to circle their best observation and asked, "How many of you circled something you wrote during the first five minutes?" No hands went up. "What about after ten minutes?" One hand went up. "What about after fifteen minutes?" A few more hands went up.

It wasn't until after twenty minutes that most of the hands in the room went up.

Taking time to chew can truly help you get even more nutrients from what you are "eating."

The hard part of chewing for me? It takes time.

We live in a fast paced society so this is counter-cultural. That's one reason we're told in Romans 12:1-2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Note it's not "be transformed by reading God's Word" - but as your mind is renewed, changed, impacted by God's Word taking effect inside you, transformation occurs. You have to take time to process what you're hearing and reading or it's in one ear and out the other!

I still find I'm needing to learn to take time to chew on God's Word. This does not come naturally. And it's critical I help those I meet with start learning to do this too. But again, just "telling" isn't enough. Take time to chew together. You can even do what Jean Fleming did with the women you meet with and let them personally experience the benefits.

We are called to let God's Word dwell in us richly. This requires chewing which takes time. But when we make ourselves available to do this, God loves to pour on the blessings. Did you catch that last bit of Mark 4:24, "And still more will be added to it."

Yes, God can meet me on the run. And if I only have ten minutes, what a difference it can make when I choose to spend that time with Jesus. But if that is all we ever do, we are going to miss the richness Jesus paid dearly to make available to us.

It is imperative that I never let ministry to people take the place of my own relationship with Jesus. One of my friends used to say, beware reading your Bible for the benefit of others. We need to read it first and foremost for ourselves and then out of the overflow seek to share with others. My heart must first be to seek the Lord, to be available to him. All too easily ministry for Him can take the place of being with Him.

Meditating on God's Word has been a hallmark of the Navigators since the early days. Lorne Sanny was the first President of The Navigators after Dawson Trotman went to be with the Lord. In the next article, he shares wonderful insights and tips to help you learn how to chew well and reap rich benefits from meditating with Jesus on His Word.

Enriching Your Life Through Meditation

By Lorne Sanny

Read with pen in hand, underlining whatever stands out to you.

What is meditation? Perhaps at first, the word calls to mind monks pacing the passageway of some medieval cloister, or a pastoral scene with flocks and shepherds. Surely it does not seem to fit into our modern life of hurry and activity.

This is true. Meditation is not a part of our busy lives; but should we be satisfied with this, when God's Word clearly tells us to "meditate...day and night" in the holy Scriptures?

Meditation is the act of contemplation and close or continued thought. It is an art to develop, a creative thinking process that enriches the life and gives quality and buoyancy to one's experience. It is revolving a subject in the mind so that its many sides are reviewed from every possible avenue of approach.

Meditating on a Scripture portion is like gazing long at a prism of many facets, turning it from angle to angle in a bright spotlight. The light given by the Holy Spirit reveals unlimited beauties from the Word of God.

Someone has called meditation "reflective thinking with application in mind"; someone else, "making words into thoughts and thoughts into actions." Andrew Murray described it as "holding the word in your heart until it has affected every phase of your life."

When you meditate you mentally chew on a thought deliberately, thoroughly. It is a process of letting the truth unfold in the light of each contributing thought from the passage.

Take for example, Psalm 1:2-3 and reflect on it:

“But his delight is in the law of the LORD
and on His law he meditates day and night.
He is like a tree that is planted by waters
which yields its fruit in its season.
Its leaf does not wither.
In all he does he prospers.”

Who is it that is to be like a tree planted by the rivers of water? It is the man who delights in God's law and meditates on it continually. What does such a man bring forth? Just as consistently as a tree brings forth its fruit, so this man bears the fruit of the Holy Spirit. What is the promise for this man's future? God says he shall be abundantly prosperous. Other truths from this passage continue to come to mind as you reflect upon it.

HIDDEN IN THE HEART

Meditating on a passage such as this would be extremely difficult in our present fast and complicated age, during the average workday, if the passage were not inscribed on our hearts. The psalmist was able to say, “O how I love thy law! It is my meditation all the day” (Psalm 119:97). How could God's Word be his meditation all the day? The answer is revealed earlier in the same chapter, where he had written, “Thy word have I hid in mine heart...” That was his preparation for continued meditation.

Dr. W. H. Griffith Thomas described it this way:

“A well-known passage in the Psalms said, “Thy word have I hid in mine heart, that I might not sin against thee” (199:11). The term heart in Scripture seems to mean what we now call personality, and, as such, includes mind, emotions and will. If therefore, the Word is first hid in the mind by learning it, this will afford the opportunity of getting it hid in the emotions by trust, and in the will by obedience.” This is a good example of meditation.

There are some things we are commanded to do continually. One is to pray without ceasing; another, to “rejoice evermore”; another, to meditate day and night in the Word of God. It is wonderful to note that some of the greatest blessings and some of the most lavish promises are given in connection with meditation on God’s Word; “Thou shalt have good success”; “...whatsoever he doeth shall prosper”; “...thy profiting may appear to all”; “...brineth forth his fruit in his season; his leaf shall not wither” - all this is said of the believer who thus meditates on the Scriptures. (See Joshua 1:8; Psalm 1:2,3; 1 Timothy 4:15)

HOW TO MEDITATE

You say, “How do I go about meditation?”

The secret to meditation is in asking questions - subjective questions that bring you back over the same verse each time with a further degree of meaning for your own life, a more far-reaching answer. One who has learned to meditate does more than add facts to his store of knowledge - he delves past the words of a verse into the implications it has for and in his own experience. Sometimes more important than the answer will be the progression to a deeper question that makes the truth of the verse more powerful. The end product of your questioning should be a changed life.

*How has your life changed as a result of the time you’ve invested
meditating with Jesus the past seven weeks?*

*Reflect on what you underlined as you read Lorne Sanny’s thoughts on meditation.
What motivates you to keep meditating with Jesus on His Word?*

Memorize!

NOTE: there is a wonderful song in the first collection of the Fighter Verses app for these three verse that can help you remember

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

I delight as much as in all riches.

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

I delight as much as in all riches.

I will meditate on your precepts

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

I delight as much as in all riches.

I will meditate on your precepts

and fix my eyes on your ways.

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

I delight as much as in all riches.

I will meditate on your precepts

and fix my eyes on your ways.

I will delight in your statutes;

Meditation for Life

Psalm 119:14-16

In the way of your testimonies

I delight as much as in all riches.

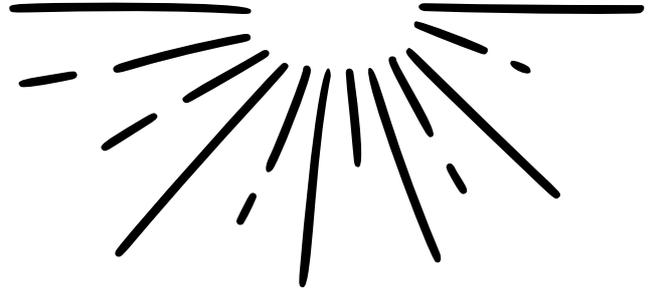
I will meditate on your precepts

and fix my eyes on your ways.

I will delight in your statutes;

I will not forget your word.

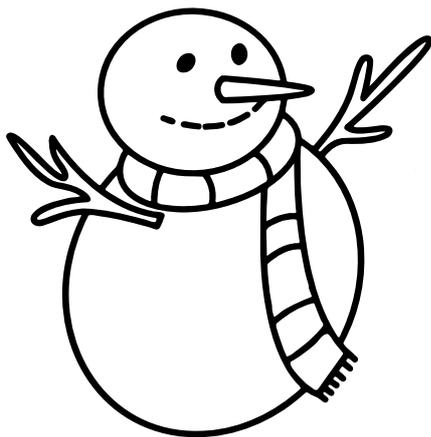
Psalm 119:14-16



Snowballs & Snowmen

Learning to Layer for Life!

In a recent video on meditation, Jean Fleming shared how it doesn't take long after the sun comes out for snow to melt. But if you take time to roll the snow into a snowball it lasts much longer. And if you take time to add even more layers to your snowball and make a snowman, it will survive even longer!



This is an excellent metaphor for what happens when we spend time meditating - and then go back to enjoy more time with Jesus meditating on a verse. We have opportunity to add layers that make the treasure stick in our brains so we can live it out and it eventually becomes a part of us.

This week, we are going to put together what we've been learning to provide ideas for how you can apply "layers" to your meditating. You don't have to use a new piece of paper every day. Perhaps one day you use word art to write your verse from memory. The next day you might add a border using motifs as you continue pondering the verse with Jesus. The day after you might draw a sign or banner and then write on it a key word or phrase that's been standing out to you.

This is important, so when you come back to the verse and page later, you will recall what the previous layer was (motifs can also do that when you use them symbolically).

Adding physical layers - like applying watercolor on top of a coloring page, then after it dries using an ink pen to add additional highlights can also spur you on to meditate more, ponder in new ways and discover even more treasure Jesus has for you.

Here are a few more suggestions from Jean:

Make your pages interesting

“In my Quiet Time journal where I’ve made the pages interesting I’m more likely to stop there when I’m paging through to meditate on that.”

Leave space for future interaction with Jesus on the verse.

“It’s so easy to get into just making notes and writing down. I need to work harder at making the pages something that I come back to and not too dense of print.”

The more dense the writing, the less likely to return.

“I want to make sure I’ve got enough space to put things in, but then I don’t turn a page. I try and squeeze it in and the more dense the writing, the less space for embellishment and the less likely I will go back and stop and camp there again.”

At the end of the booklet you will find a coloring page for each of the remaining verses related to the Wheel illustration in the Navigators Topical Memory System. These are included to jumpstart your creativity by providing an idea for your first layer. You will also find a list featuring the different ways you’ve creatively studied and meditated on God’s Word during this course.

May the Lord richly bless the time you continue to invest adding new layers as you meditate on His Word with Him for life!

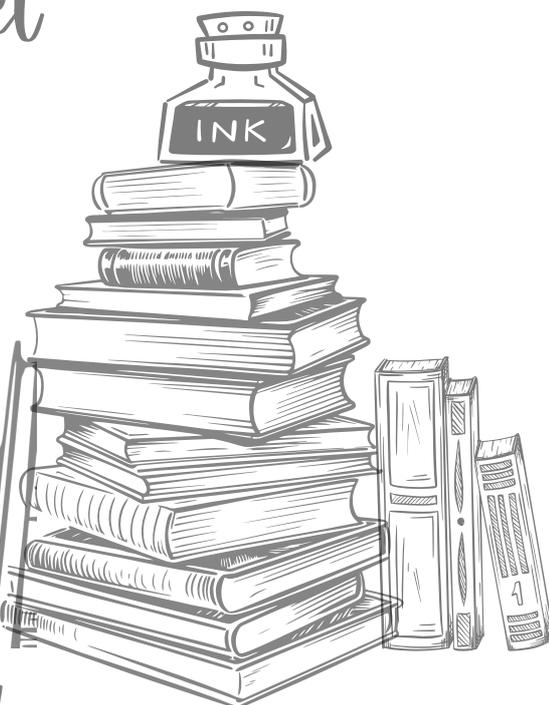
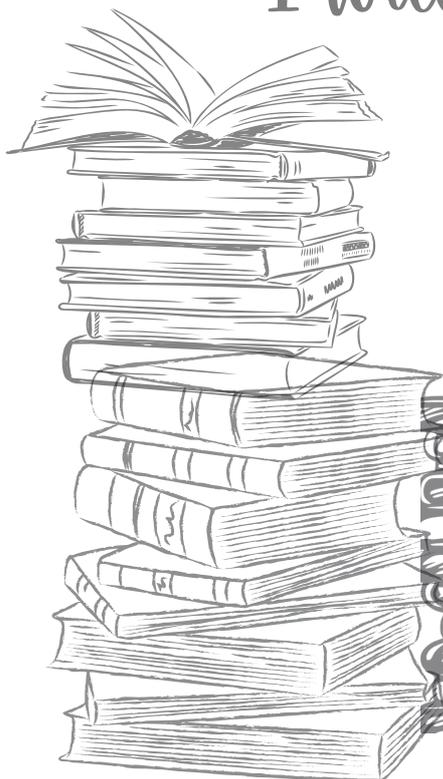


In the way of your
testimonies
I delight as much as
in all riches.

I will meditate
on your precepts
& fix my eyes
on your ways.



I will delight in your statutes:
I will not forget
your word.



Psalm 119:14-16

Day 1

Contemplate The Context

9 How can a young man keep his way pure? By guarding it according to your word. 10

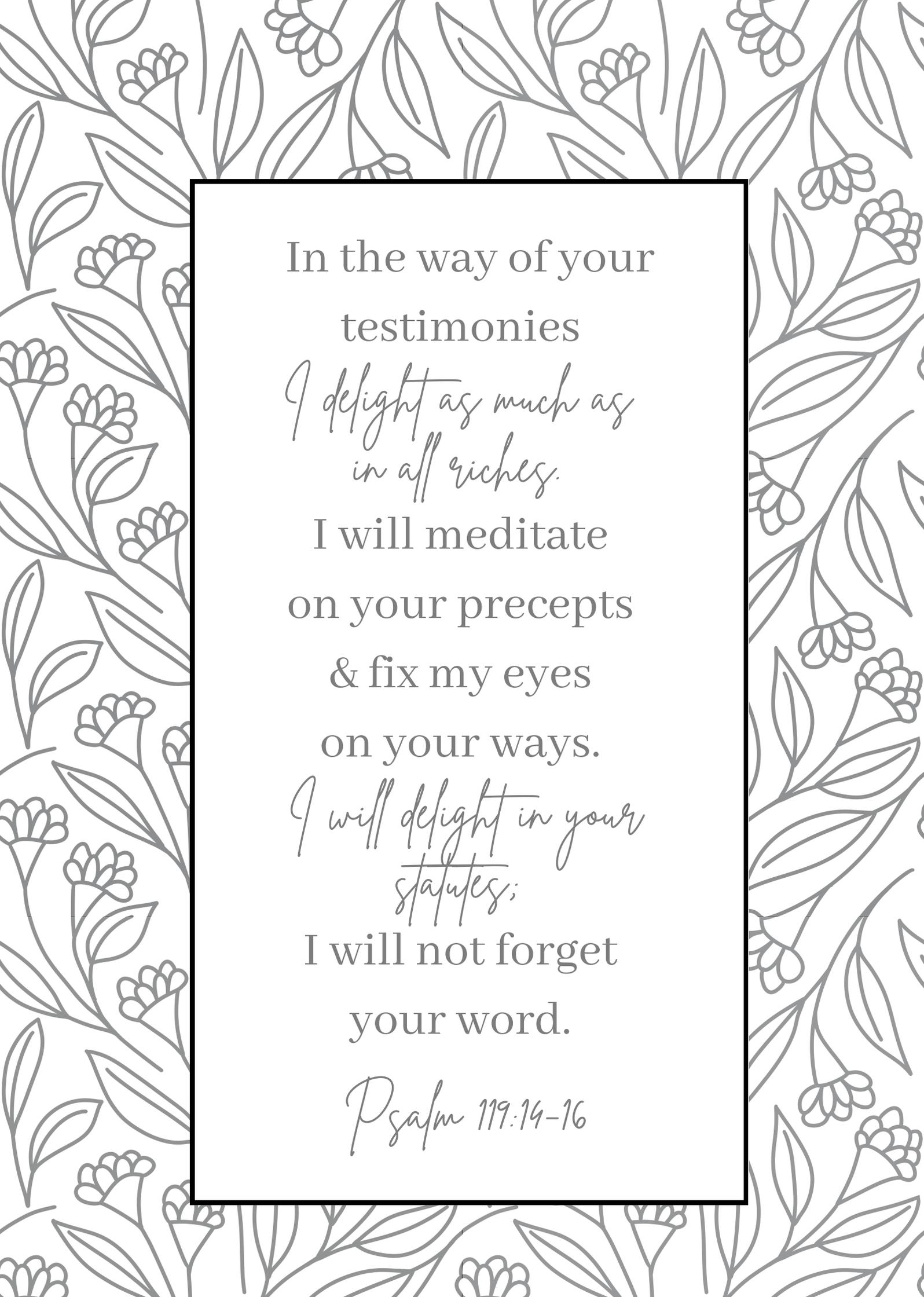
With my whole heart I seek you; let me not wander from your commandments! 11 I have stored up your word in my heart, that I might not sin against you. 12 Blessed are you, O Lord; teach me your statutes! 13 With my lips I declare all the rules of your mouth. 14 In the way of your testimonies I delight as much as in all riches. 15 I will meditate on your precepts and fix my eyes on your ways. 16 I will delight in your statutes; I will not forget your word.

LOOK

LISTEN:

Psalm 119:9-16 LIVE IT OUT:

LET IT LAST: Draw a picture below summarizing the main treasure the Lord blessed you with during your time meditating with Him.



In the way of your
testimonies

*I delight as much as
in all riches.*

I will meditate
on your precepts
& fix my eyes
on your ways.

*I will delight in your
statutes;*

I will not forget
your word.

Psalms 119:14-16

REVIEW YOUR VERSES

“Do not try to memorize while listening to music or having intermittent conversation with other people or when distracted by similar attention dividers. And do not leave a verse until you can quote it through once completely. Get a good start by learning verses well as you will avoid many problems later.”

Lorne Sandy, p. 117, Memorize the Word.

Christ the Center

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17

Obedience in Christ

Romans 12:1

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Romans 12:1

The Word

2 Timothy 3:16

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

2 Timothy 3:16

Prayer

John 15:7

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

John 15:7

Fellowship

Matthew 18:20

For where two or three are gathered in my name there am I among them.

Matthew 18:20

Witnessing

Matthew 4:19

And he said to them, “Follow me, and I will make you fishers of men.”

Matthew 4:19

Color or paint a water color border around each verse as you review it.

Day 2

Emphasize Various Words

In the way of your testimonies
I delight as much as in all riches.
I will meditate on your precepts
and fix my eyes on your ways.
I will delight in your statutes;
I will not forget your word.

Psalm 119:14-16

Repeat the passage to yourself a number of times, emphasizing a different phrase each time, thinking of the verse in the light of that word or phrase.

For example, what thoughts come to mind as you ponder the word “way”?

How might the verse be different if you removed the word “way” so it read “In Your testimonies I delight as much as in all riches?”

So why is the word “way” important?

In Hebrew the word Way means:

דֶּרֶךְ derek, deh'-rek; from H1869; a road (as trodden); figuratively, a course of life or mode of action, often adverb:—along, away, because of, by, conversation, custom, (east-) ward, journey, manner, passenger, through, toward, (high-) (path-) way(-side), whither(-soever).

What insight does this give to the verse?

On the next page sketch your hand either reaching down to symbolize the Lord or you reaching up and contemplatively doodle a repetitive shape around your hand as you ponder the verse with Jesus.

IN THE WAY OF
YOUR TESTIMONIES
I DELIGHT AS MUCH AS
IN ALL RICHES.
I WILL MEDITATE
ON YOUR PRECEPTS
& FIX MY EYES
ON YOUR WAYS.
I WILL DELIGHT IN YOUR
STATUTES;
I WILL NOT FORGET
YOUR WORD.

PSALM 119:14-16

REVIEW YOUR VERSES

“A few minutes a day, every day, will keep your verses up to date. This is difficult if you are not consistent in your daily recitation of verses.”

Lorne Sanny, p. 117, Memorize The Word.

Christ the Center

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17

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I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

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And he said to them, “Follow me, and I will make you fishers of men.”

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Color or paint a water color border around each verse as you review it.

Day 3

Check Out A Different Translation

How can a young person live a clean life?
By carefully reading the map of your
Word.

LOOK

I'm single-minded in pursuit of you;
don't let me miss the road signs you've
posted.

LISTEN:

I've banked your promises in the vault of
my heart so I won't sin myself bankrupt.
Be blessed, God; train me in your ways of
wise living.

I'll transfer to my lips all the counsel that
comes from your mouth;

I delight far more in what you tell me
about living than in gathering a pile of
riches.

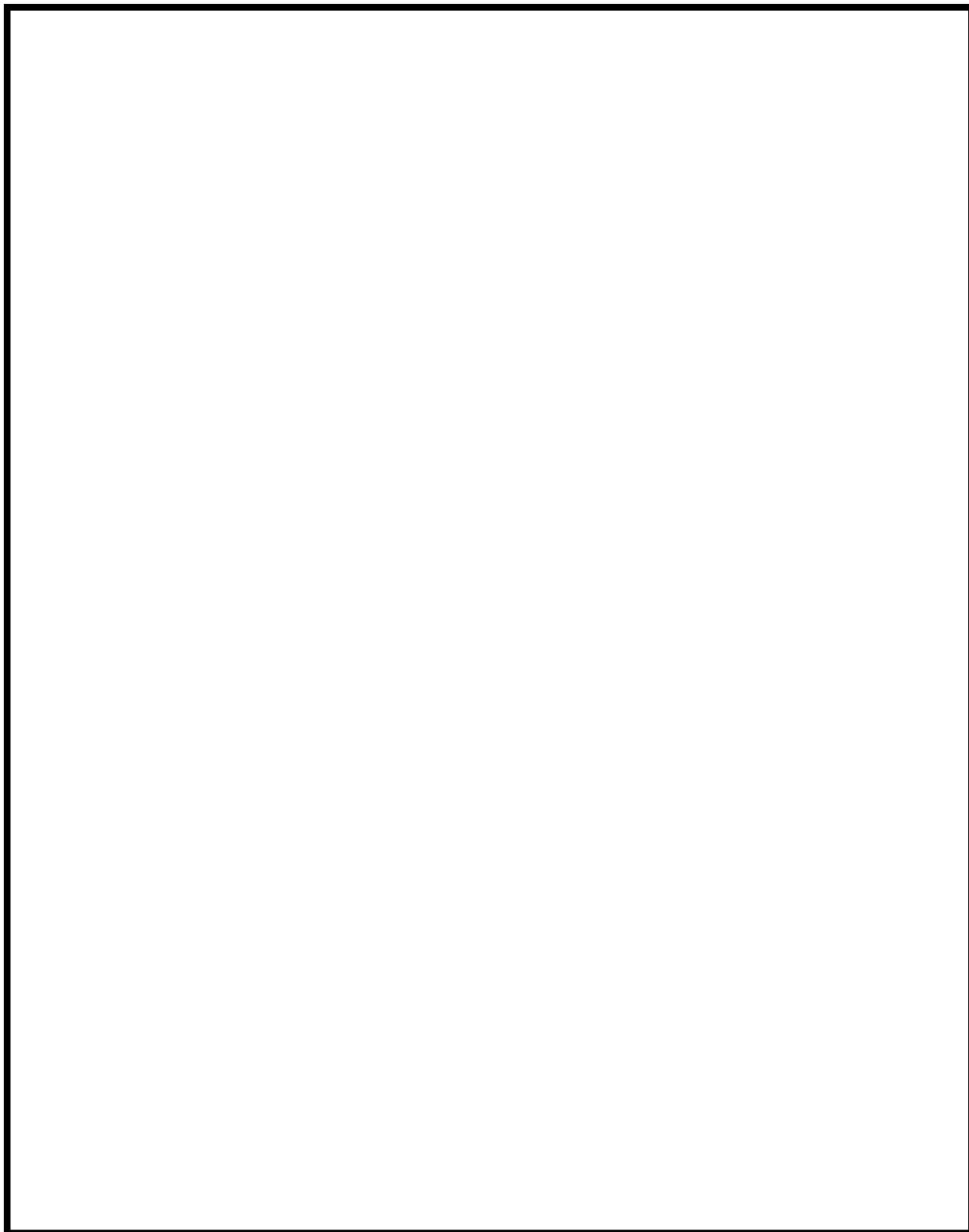
I ponder every morsel of wisdom from
you, I attentively watch how you've done
it.

I relish everything you've told me of life,
I won't forget a word of it.

LIVE IT OUT:

Psalm 119:9-16 (MSG)

LET IT LAST: Draw a picture below summarizing the main treasure the Lord blessed you with during your time meditating with Him.



On the next page draw wavy lines to form a border, then fill in the spaces with prayerful patterns.

In the way of your
testimonies
I delight as much as
in all riches.
I will meditate
on your precepts
& fix my eyes
on your ways.
I will delight in your
statutes;
I will not forget
your word.

Psalm 119:14-16

REVIEW YOUR VERSES

“When you have a spare moment, while you are waiting for someone or riding a bus or in another time consuming situation, put that moment to eternal usefulness by going over two or three of your verses. Occasionally, when you can do so, repeat aloud or have someone hear your verse. This is a tremendous help in remembering and in keeping your verses ready to use.” Lorne Sanny, p. 118, Memorize The Word.

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And he said to them, “Follow me, and I will make you fishers of men.”

Matthew 4:19

Color or paint a water color border around each verse as you review it.

Day 4

Consult A Bible Lexicon

“I will meditate”

שִׁיחַ śîah. see'-akh

to put forth, bring forth, produce, shoots, buds,
mediate, muse, commune, speak, complain, ponder, sing

1. (Qal)

a. to complain

b. to muse, meditate upon, study, ponder

- muse: Psalm 119:15;
- to talk with oneself; ie. to meditate, especially on divine things. Psalm 119:15

c. to talk, sing, speak

2. (Polel) to meditate, consider, put forth thoughts

SOURCE: Strong's Concordance.

שִׁיחַ — (1) PR. TO PRODUCE, TO BRING FORTH, TO PUT FORTH (comp. Syr. ^{ܫܘܚܐ} to germinate, to flourish; APHEL ^{ܫܘܚܐ} to put forth shoots, buds, and Med. quiesc. ^{ܫܘܚܐ} to dare, pr. to lift oneself up, ^{ܫܘܚܐ} bushes, and Heb. ^{שִׁיחַ} No. 1). In Hebrew — (2) *to speak*, pr. to utter with the mouth, comp. ^{אָמַר} No. 1. Followed by ^{לְ} to speak to any one, Job 12:8; with suff. Prov. 6:22, ^{תְּשִׁיחֶךָ} “he shall speak with thee.” Followed by ^{בְּ} to speak *of* any one, Ps. 69:13.

(3) *to sing*, Jud. 5:10; Ps. 145:5. Followed by ^{בְּ} *to celebrate* anything *in song*, Ps. 105:2, and in a bad sense, *to lament, to complain*, Psa. 55:18; Job 7:11.

(4) *to talk with oneself, i. e. to meditate*, especially on divine things, Ps. 77:4, 7; followed by ^{בְּ} of the thing, Ps. 119:15, 23, 27, 48, 78, 148; 77:13. Compare syn. ^{הִנָּח}.

PILEL ^{שׁוּחַח} *to meditate*, Psalm 143:5; *to think upon anything*, Isa. 53:8.

SOURCE: Gesenius' Hebrew-Chaldee Lexicon.

What insight does it give you into this verse that the definition for the Hebrew word is related to a Syrian word which means “to germinate, to flourish?”

What thoughts come to mind as you read in other places this word can be translated “complain”?

How does this connect to your life when you see in Psalm 119:15 this word is defined as “To talk with oneself?”

On the next page sketch a border of icons or motifs that symbolically represent a concept or theme that stands out to you from the verse.

In the way of
your testimonies
I delight as much as
in all riches.

I will meditate
on your precepts
& fix my eyes
on your ways.

I will delight
in your statutes;
I will not forget
your word.

Psalm 119:14-16

REVIEW YOUR VERSES

“Use the verses you have memorized for meditation and application. Use them in letters to friends, in witnessing, in sharing a blessing or meditation with others, in counseling someone with a problem. Using these verses will help cement them in your mind for further use (See Hebrews 5:14).”

Lorne Sanny, Memorize The Word, p. 119.

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2 Corinthians 5:17

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Matthew 4:19

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Day 5

Cross Reference Connections

In the way of your testimonies
I delight as much as in all riches.
I will meditate on your precepts
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I will delight in your statutes;
I will not forget your word.

Psalm 199:14-16

The Lord Your God is with you.
He is mighty to save.
He will take great delight in you.
He will quiet you with His love.
He will rejoice over you with singing.

Zephaniah 3:17

I will never forget the first time I heard Zephaniah 3:17. I raced to look it up in my Bible. It couldn't be correct. God sings? Over me?

But sure enough, that's what it says. More than that he takes delight in me. And not just a little bit of delight, but great delight! And that's not only true for me, but for you too!

Do you realize...

*When you meditate,
You aren't the Only One Delighting!*

I believe one key reason to meditate is to place yourself in a position where you can know in the depths of your heart how incredibly loved you are.

I don't know about you but when I talk to myself I'm often not kind. Especially if I've made a mistake, failed or embarrassed myself. I would never talk to my child the way I talk to myself.

But when I take time to listen to the Lord and ponder His Word with Him, I'm often amazed at how Loved I feel. Especially when He speaks to me exactly what I need to hear.

For years when I read Joshua 1:8 and Psalm 1:2-3, I pictured success and prosperity as God blessing my career or creations. But now I'm beginning to wonder if a key part of that isn't internal, knowing more of His love that surpasses knowledge that I may be filled to the measure of the fullness of God.

Zephaniah 3:17 might seem a strange cross reference for Psalm 119:14-16, but making this connection has transformed how I think about meditation and my life!

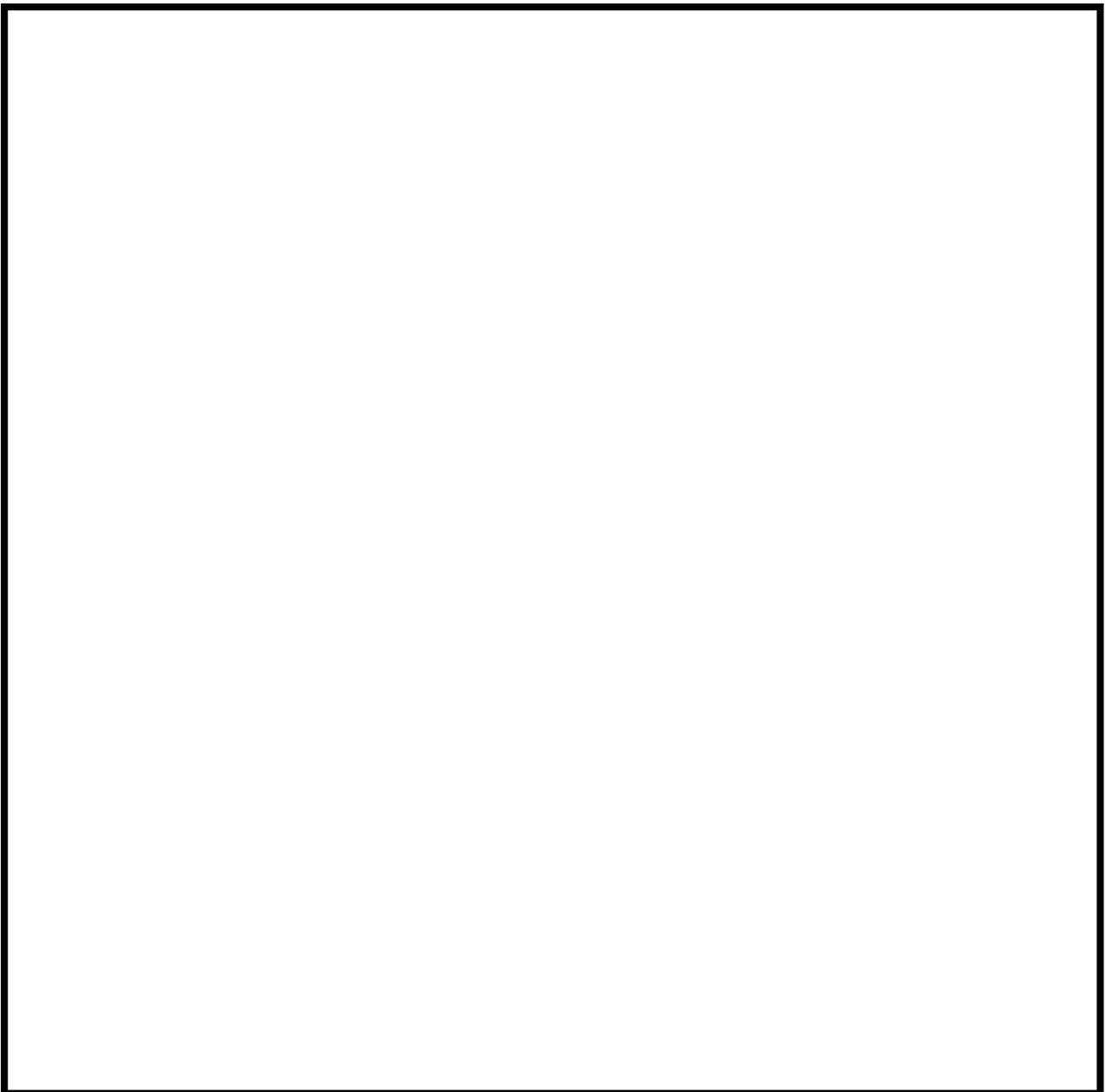
Let me encourage you this week, don't look at meditating as something you have to do, but instead as something you get to do - like going on a date with someone who loves you dearly, who sees you, hears you, knows you in the way you've always longed to be known and is off the charts excited to be with you.

You never know... you just might hear him singing! ;0)

One Word Summary

On the following page sketch a banner, sign or flag highlighting the main thought that stands out to you as you've been pondering Psalm 119:14-16 with Jesus.

Then in the space below, share why you selected that word or phrase.



in the way of
your testimonies
i delight as much as
in all riches.

i will meditate
on your precepts
& fix my eyes
on your ways.

i will delight
in your statutes;
i will not forget
your word.

psalm 119:14-16

REVIEW YOUR VERSES

“Two things cannot occupy the same place at the same time. If your mind is filled with the Word of God, there will not be room for vain or idle or evil thoughts. It is a very practical use of meditation to think deliberately upon some portion of the Word of God when these unprofitable thoughts enter. This is what is described in 2 Cor. 10:5 where we are told to cast down imaginations and to bring our every thought captive to the obedience of Christ.” Lorne Sanny, Memorize The Word, p. 92.

Christ the Center

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17

Obedience in Christ

Romans 12:1

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Romans 12:1

The Word

2 Timothy 3:16

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

2 Timothy 3:16

Prayer

John 15:7

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

John 15:7

Fellowship

Matthew 18:20

For where two or three are gathered in my name there am I among them.

Matthew 18:20

Witnessing

Matthew 4:19

And he said to them, “Follow me, and I will make you fishers of men.”

Matthew 4:19

Color or paint a water color border around each verse as you review it.

Day 6

Center Your Eyes On God

Circle every time you see the Lord mentioned.

What do you observe as you do this?

Share your thoughts with Jesus in the space below.

In the way of your testimonies

I delight as much as in all riches

I will meditate on your precepts

and fix my eyes on your ways.

I will delight in your statutes;

I will not forget your word.

Psalm 119:14-16

Word Art

Have fun creating word art in the space below as you continue to ponder Psalm 119:14-16 with Jesus

REVIEW YOUR VERSES

“Start early in the day reviewing your verses. The greatest waste of time, in any task, is usually that of getting started. Then try using spare moments through the day for going over one or two verses.” Lorne Sanny, *Memorize The Word*, p. 120.

Christ the Center

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

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Matthew 4:19

And he said to them, “Follow me, and I will make you fishers of men.”

Matthew 4:19

Color or paint a water color border around each verse as you review it.

Day 7

Converse With Jesus Through The Passage

In the way of your testimonies

I delight as much as in all riches

.

I will meditate on your precepts

and fix my eyes on your ways.

I will delight in your statutes;

I will not forget your word.

Psalm 119:14-16

Sketch What Stood Out to You
As You Prayed Through The Passage

REVIEW YOUR VERSES

“When the Holy Spirit calls to your mind just the verse you need at some strategic moment, you will realize that the work of memorizing, which sometimes may have seemed tiresome, has been well worth the effort. Remember your Bible is printed by a mechanical process. If you faithfully go through the mechanical work of memory and review, the Scriptures will be printed on your heart efficiently in a way that they may be recalled and used at any time or for any length of time.” Lorne Sanny, p. 120

Christ the Center

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17

Obedience in Christ

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I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

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Matthew 18:20

Witnessing

Matthew 4:19

And he said to them, “Follow me, and I will make you fishers of men.”

Matthew 4:19

Color or paint a water color border around each verse as you review it.

HOW MANY LAYERS CAN YOU ADD TO THE VERSE ON THE FOLLOWING PAGE ?

Record what you did for each layer below along with the key insight that stood out to you as you meditated with Jesus while adding that layer:

LAYER:

TREASURE:

In the way of
your testimonies
I delight as much as
in all riches.

I will meditate
on your precepts
& fix my eyes
on your ways.

I will delight
in your statutes;
I will not forget
your word.

Psalm 119:14-16

COLORING PAGES

ROUND 1

Living the Life - John 10:10

Christ the Center - 2 Corinthians 5:17

Obedience to Christ - Romans 12:1

The Word - 2 Timothy 3:16

Prayer - John 15:7

Fellowship - Matthew 18:20

Witnessing - Matthew 4:19

Continuing On For Life! - Psalm 119:14-16



ROUND 2

Living the Life - 2 Corinthians 5:15

Christ the Center - Galatians 2:20

Obedience to Christ - John 14:21

The Word - Joshua 1:8

Prayer - John 15:7

Fellowship - Hebrews 10:24-25

Witnessing - Romans 1:16

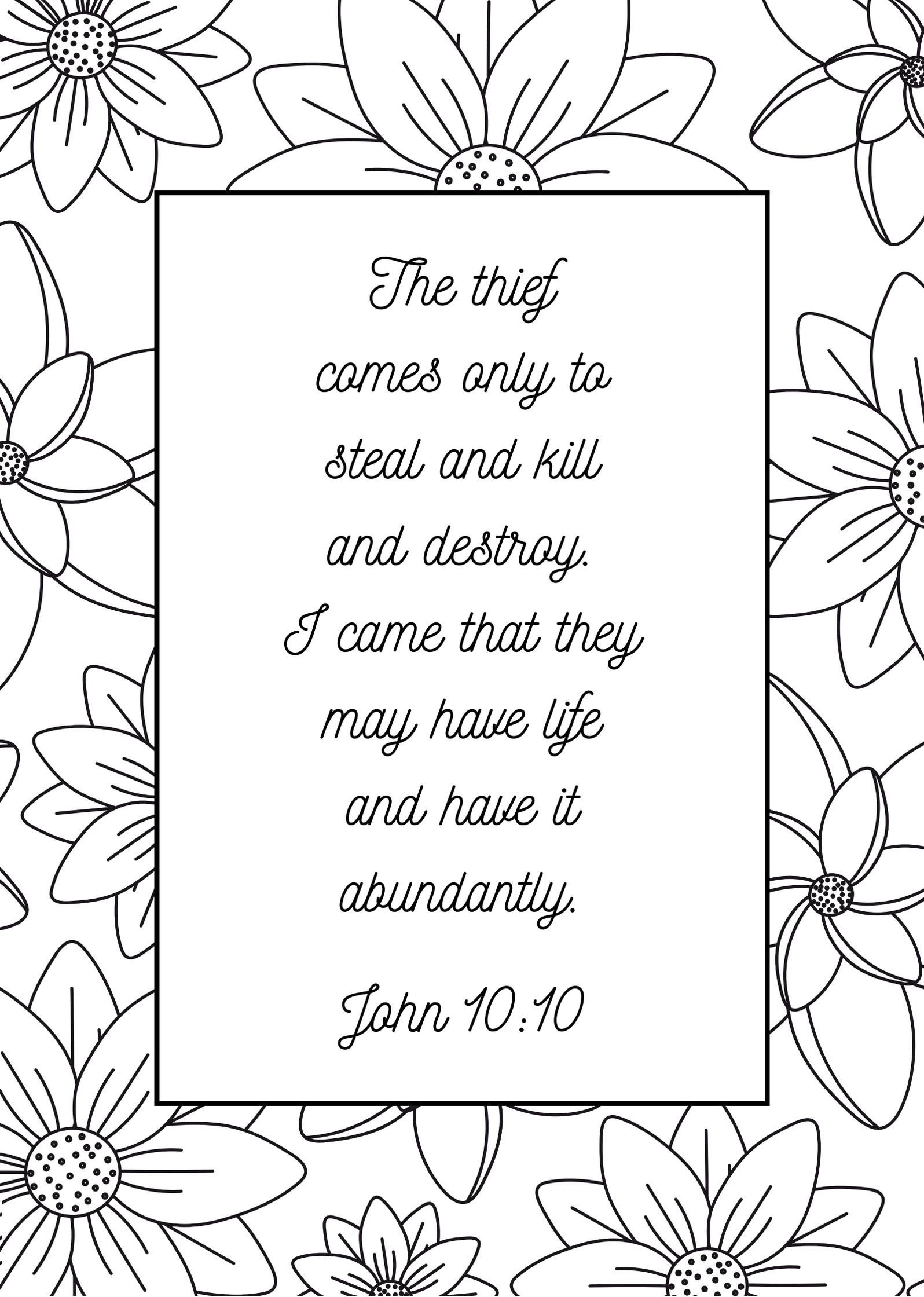
Continuing On For Life! - Psalm 119:97-100

On the following pages you will find sixteen coloring pages. The first eight will help you review the verses you've recently memorized. The following eight are provided to help you get started memorizing the second set of verses related to the Wheel Illustration.

As you dive into learning and meditating on the second round of verses, taking time to go back to the corresponding verse from the first round and consider how they connect to each other, can yield even richer insights.

Remember, whatever you do as you seek to memorize and meditate on God's Word, do it with Jesus. Keeping Him at the Center makes all the difference in whether this is life-giving...or not.

He loves to spend time with you! May He give you power as you enjoy time with Him, treasuring His Word, to grasp even more the incredible dimensions of His love for you!



*The thief
comes only to
steal and kill
and destroy.
I came that they
may have life
and have it
abundantly.*

John 10:10

Therefore, if anyone is in Christ,
he is a new creation.

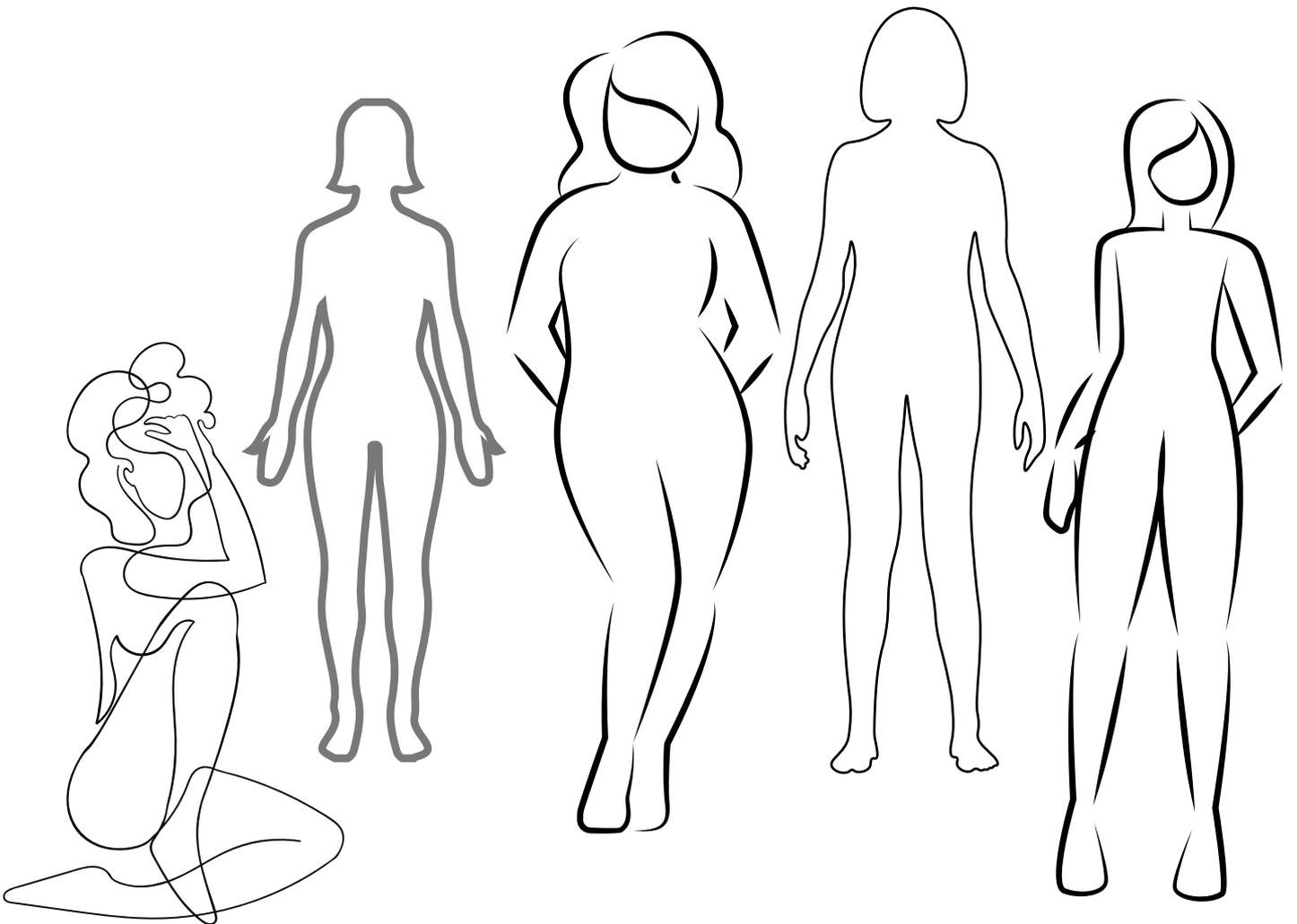
The old has passed away;
behold, the new has come.

2 Corinthians 5:17

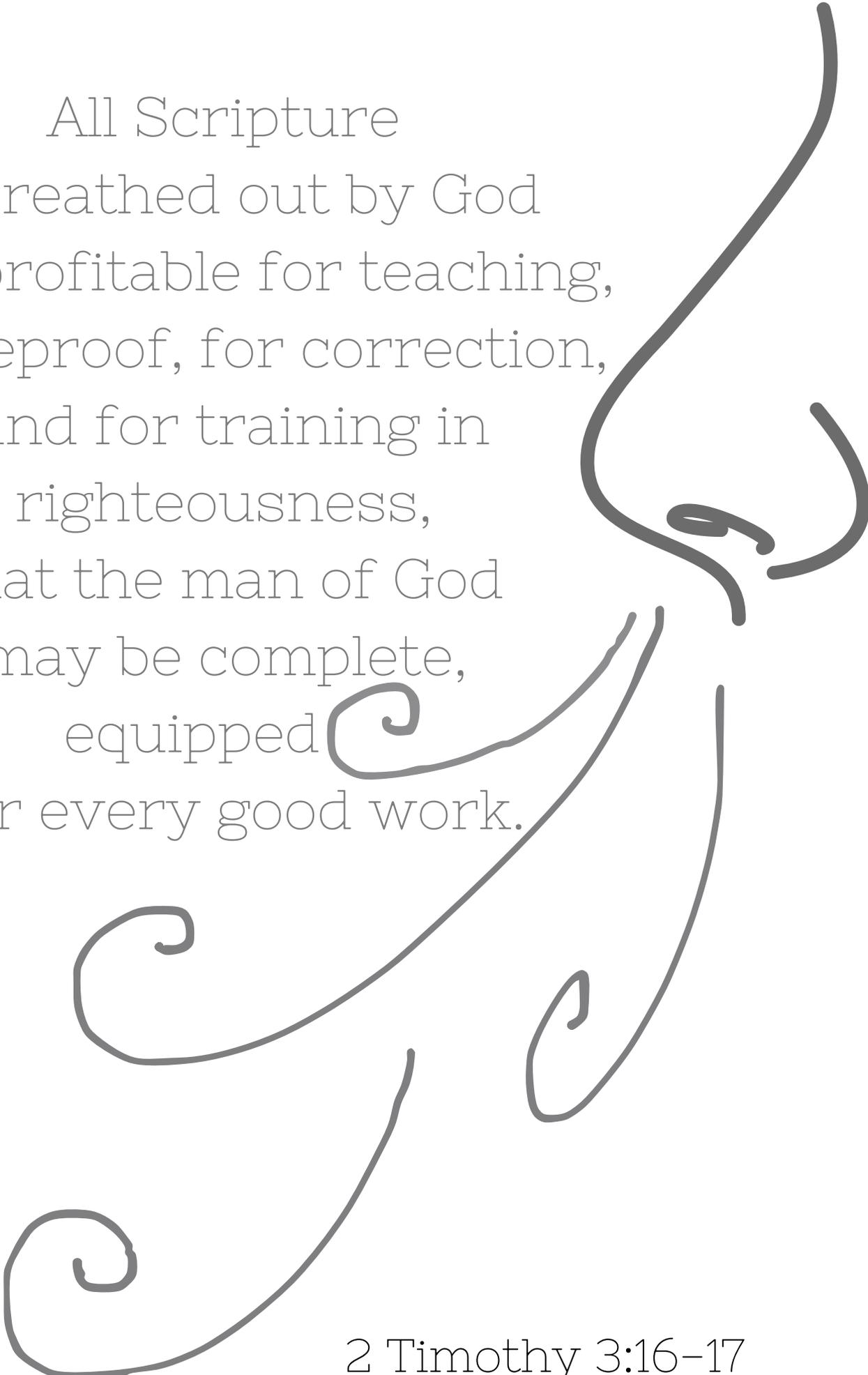


I appeal to you
therefore, brothers,
by the mercies of God,
to present your bodies
as a living sacrifice,
holy and acceptable to God,
which is your spiritual
worship.

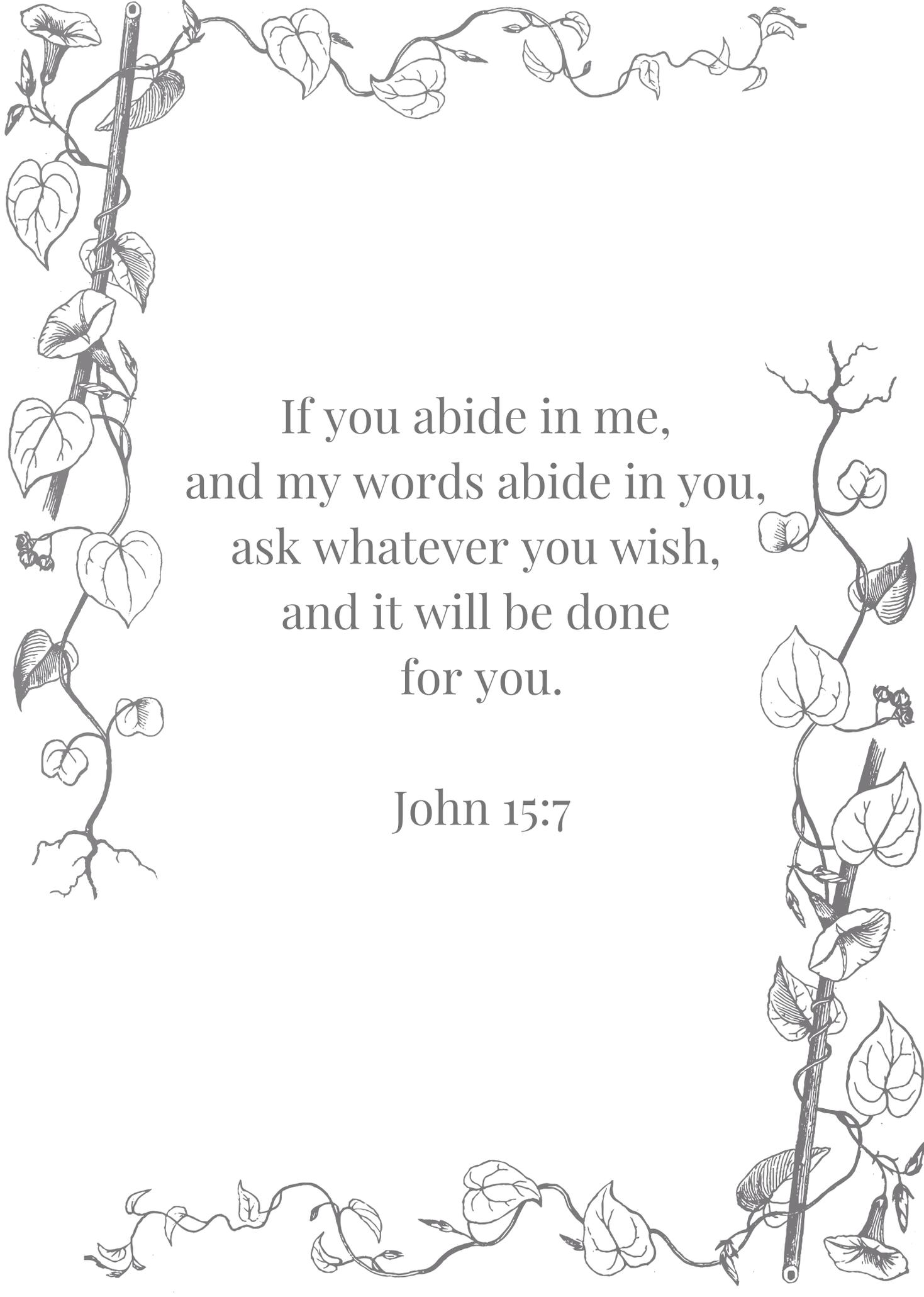
Romans 12:1



All Scripture
is breathed out by God
and profitable for teaching,
for reproof, for correction,
and for training in
righteousness,
that the man of God
may be complete,
equipped
for every good work.

The page features several decorative flourishes in a dark grey color. A large, thick, curved line starts at the top right and sweeps downwards. Below it, there are several thinner, more intricate scroll-like lines that curve and loop around the text.

2 Timothy 3:16–17



If you abide in me,
and my words abide in you,
ask whatever you wish,
and it will be done
for you.

John 15:7

*For where two or
three are gathered
in my name, there
am I among them.”*

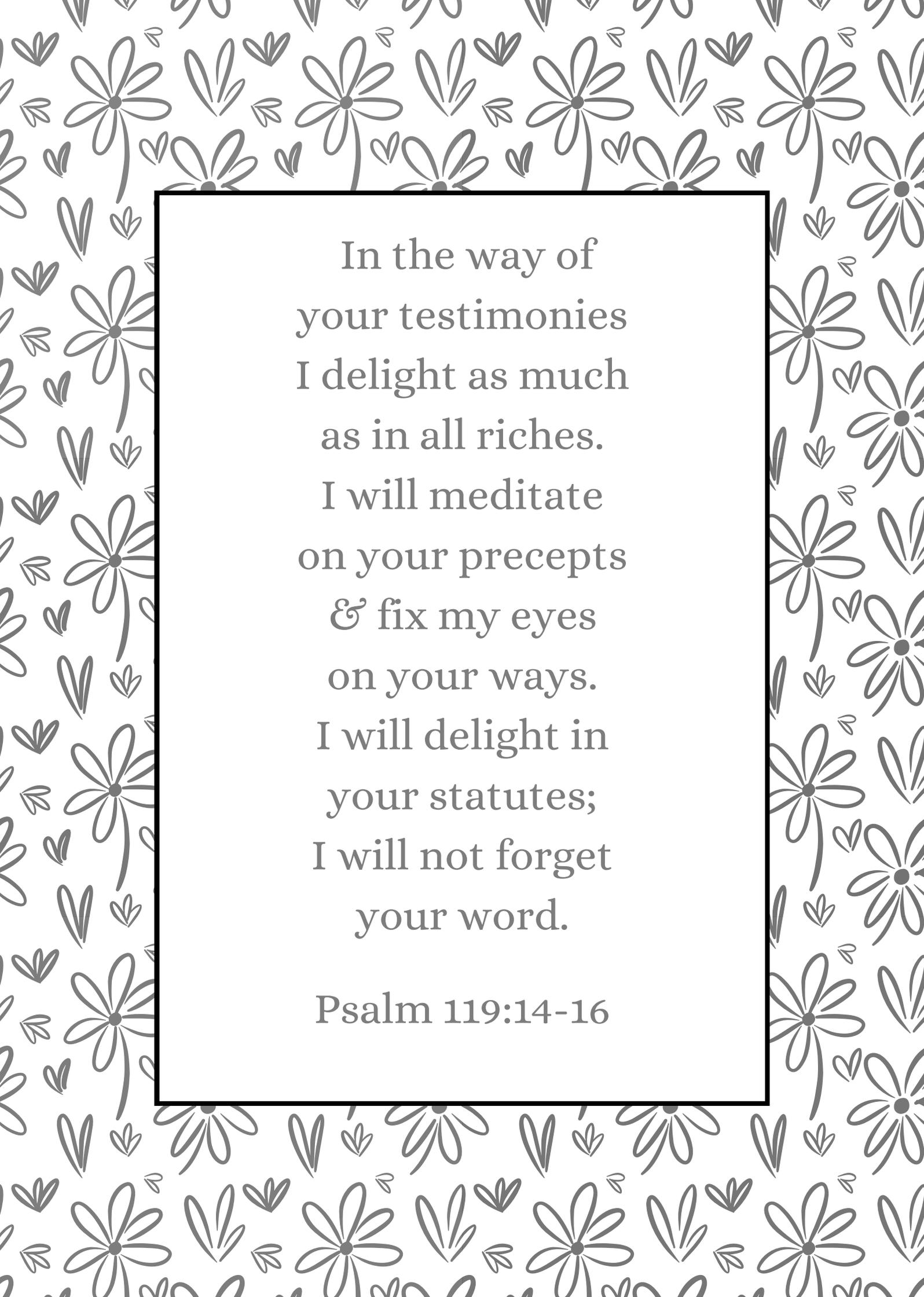
Matthew 18:20





and he said
to them;
“follow me;
and i will
make you
fishers of
men.”

matthew 4:19



In the way of
your testimonies
I delight as much
as in all riches.

I will meditate
on your precepts
& fix my eyes
on your ways.

I will delight in
your statutes;
I will not forget
your word.

Psalm 119:14-16

CREATIVE MEDITATION

Ideas to Enjoy With Jesus

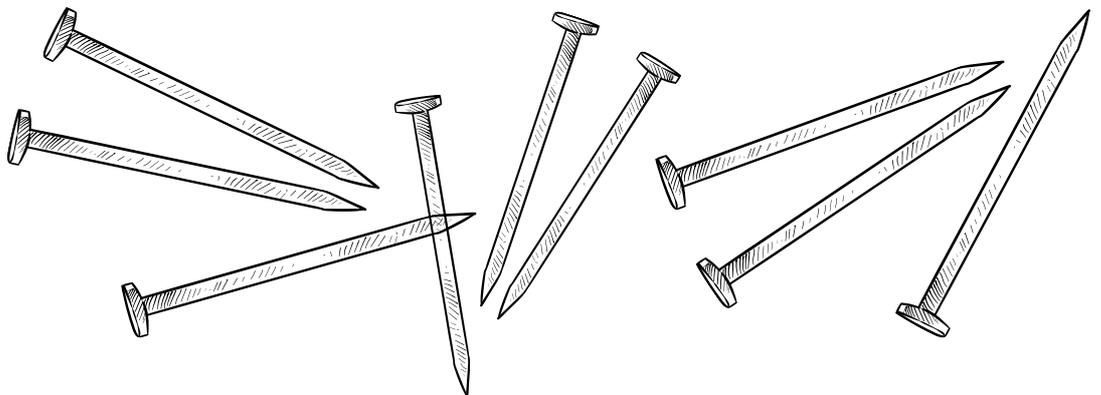
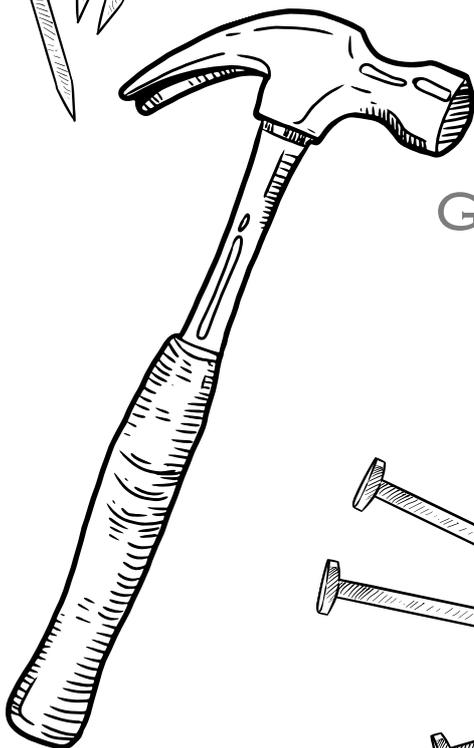
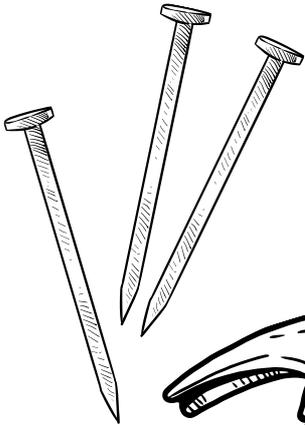
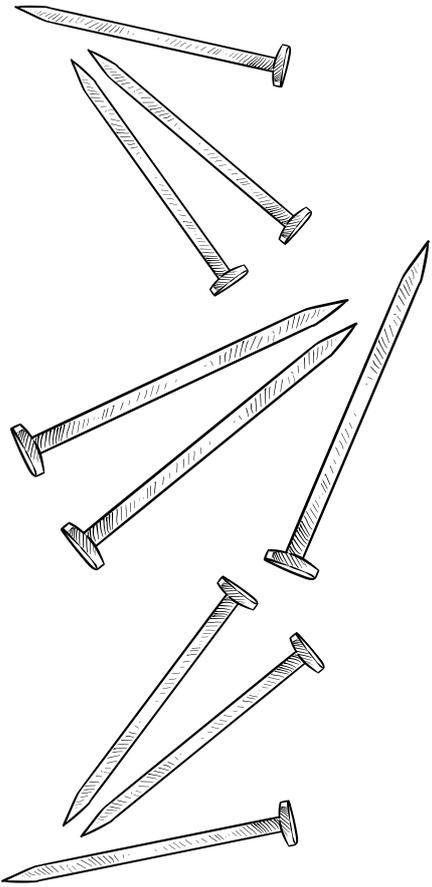
- ___ Memorize the Verse to Song or Rhythm
- ___ Create a Coloring Page & Color It as you sing the verse
- ___ Look, Listen, Live It Out
- ___ Let It Last: Sketch Your Highlight
- ___ Ponder the Verse in Context
- ___ Calligraphy Practice (select a font online and write the verse)
- ___ Consider the Verse in a Different Translation
- ___ Contemplative Doodling
- ___ Reflect On Key Words (Greek or Hebrew Word Studies)
- ___ Word Art, Art Journal or Collage a page
- ___ Make Connections to Cross References
- ___ Creatively write the Verse from Memory and Create a Border
- ___ Prayerfully ponder with Jesus thoughts from others on the verse (*eg., consult a Commentary on Blue Letter Bible or PreceptAustin.org*)
- ___ Create a Quote Page for Treasure Found
- ___ Pray Through The Passage
- ___ Creatively Record Key Highlights & Thank Jesus!

NOTE: You can find this as a downloadable and printable bookmark at www.collegiatenavigators.org/resources in The Heart of Discipling Women Library, Collection 5 (Tools).

AND HE DIED FOR ALL,
THAT THOSE WHO LIVE
MIGHT NO LONGER LIVE
FOR THEMSELVES BUT
FOR HIM WHO FOR THEIR
SAKE DIED AND WAS
RAISED.

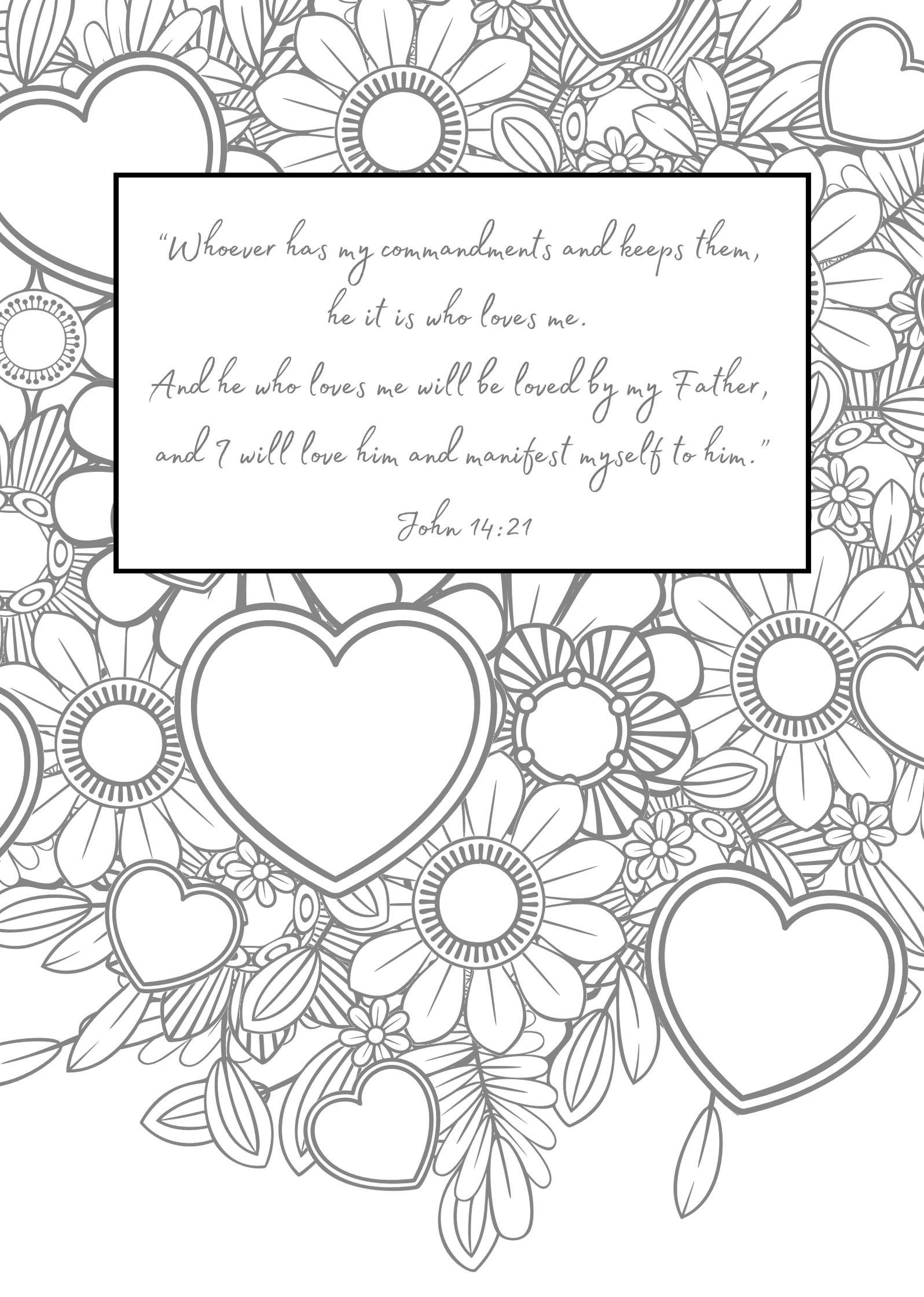
2 CORINTHIANS 5:15





I HAVE BEEN
CRUCIFIED WITH CHRIST.
IT IS NO LONGER
I WHO LIVE,
BUT CHRIST
WHO LIVES IN ME.
AND THE LIFE I NOW LIVE
IN THE FLESH
I LIVE BY FAITH
IN THE SON OF GOD,
WHO LOVED ME &
GAVE HIMSELF FOR ME.

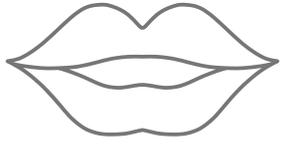
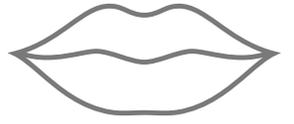
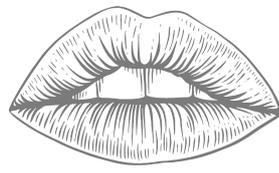
GALATIANS 2:20



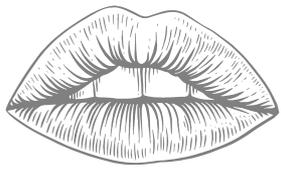
*"Whoever has my commandments and keeps them,
he it is who loves me.*

*And he who loves me will be loved by my Father,
and I will love him and manifest myself to him."*

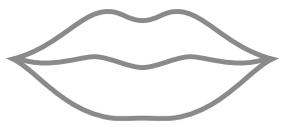
John 14:21



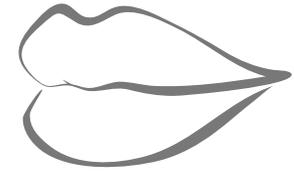
*This Book of the law shall not
depart from your mouth, but you*



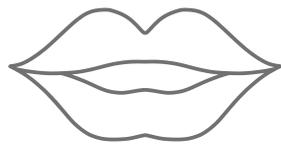
*shall meditate on it day and
night, so that you may be careful*



*to do according to all that is
written in it. For then you will*

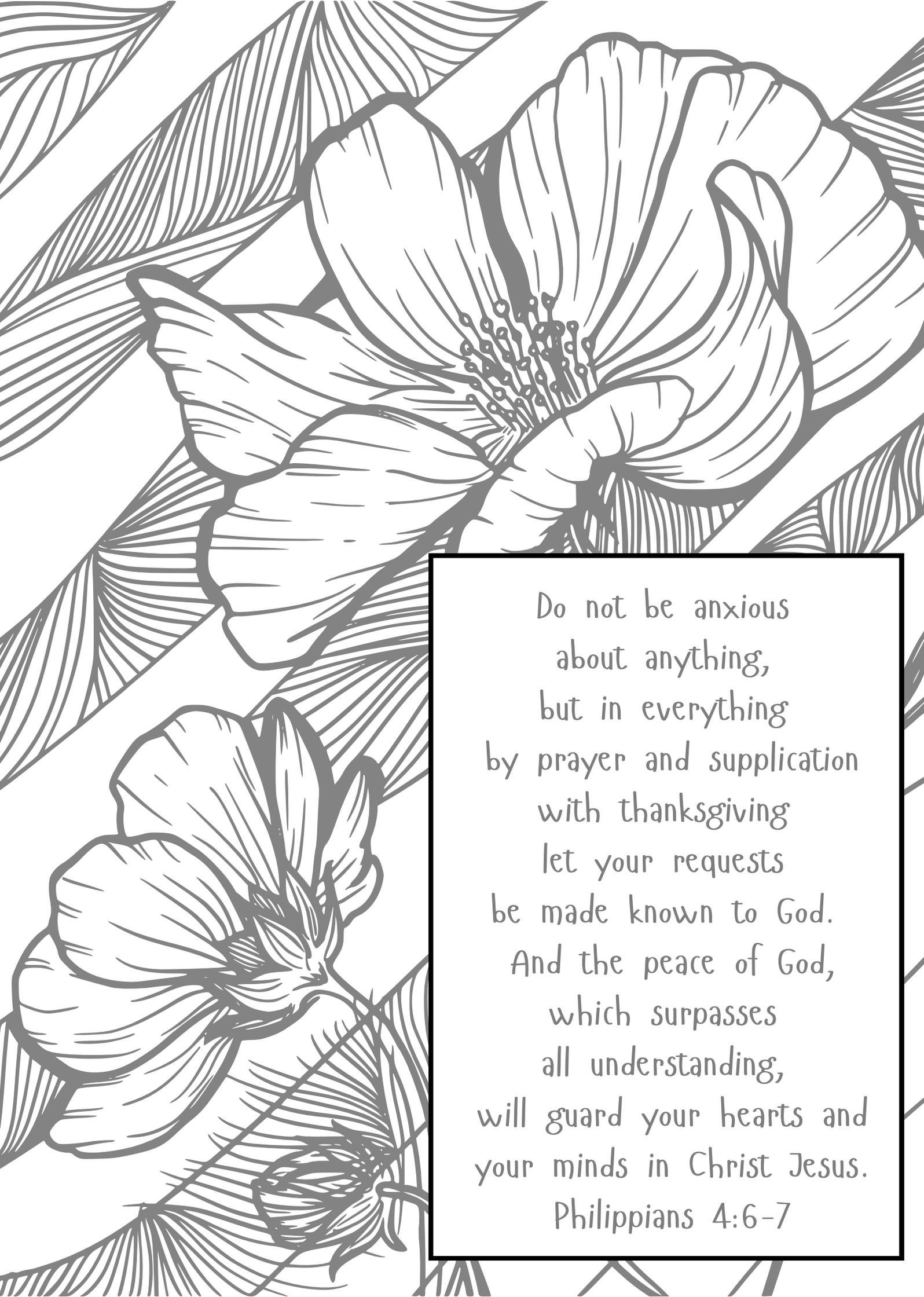


*make your way prosperous, and
then you will have good success.*



Joshua 1:8





Do not be anxious
about anything,
but in everything
by prayer and supplication
with thanksgiving
let your requests
be made known to God.
And the peace of God,
which surpasses
all understanding,
will guard your hearts and
your minds in Christ Jesus.
Philippians 4:6-7

And let us consider
how to stir up one another
to love and good works,
not neglecting to meet together,
as is the habit of some,
but encouraging one another,
and all the more as you see
the Day drawing near.

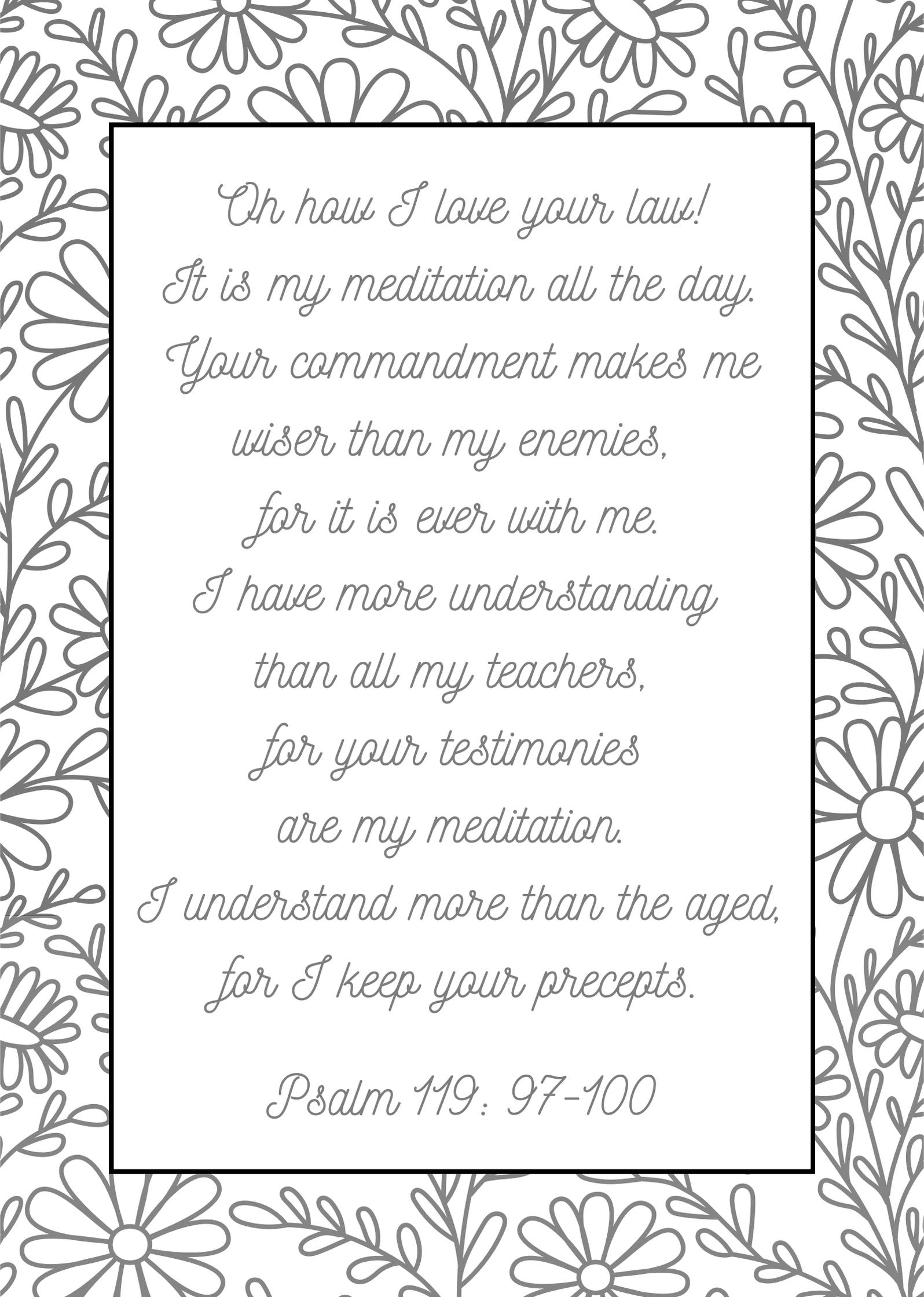
Hebrews 10:24-25



FOR I AM
NOT ASHAMED
OF THE GOSPEL,
FOR IT IS THE
POWER OF GOD
FOR SALVATION
TO EVERYONE
WHO BELIEVES,
TO THE JEW FIRST
& ALSO TO THE
GREEK.



ROMANS 1:16



*Oh how I love your law!
It is my meditation all the day.
Your commandment makes me
wiser than my enemies,
for it is ever with me.
I have more understanding
than all my teachers,
for your testimonies
are my meditation.
I understand more than the aged,
for I keep your precepts.*

Psalm 119: 97-100

PROCESSING YOUR WEEK WITH JESUS

W = What stood out to you?

Review your Journal Notes from this past week, highlighting key thoughts you want to remember, then recording them below:

H - How has your understanding of God grown as a result of your time spent with Him meditating on His Word?

E = Examen

What did you do this week that moved you closer to Jesus or increased your awareness and enjoyment of Him? What resulted in you feeling farther away from Him or less aware of Him? Why?

E = Explain

How would you explain to a friend what you sensed the Lord's been teaching you this week? Write a summary below of what you learned this week.

L = Loving God, Loving Others

How do you sense the Lord is inviting you to practically respond to Him and others as a result of your time in His Word this week?

LIVING THE LIFE

As you read through the following, dialogue with Jesus and take time to apply it to your application for this week.

Specific = What specifically do I sense the Lord is leading me to do?

Measurable = How will I know whether I've done it or not?

Accountable = Who could I ask to help hold me accountable? What do I want that to look like?

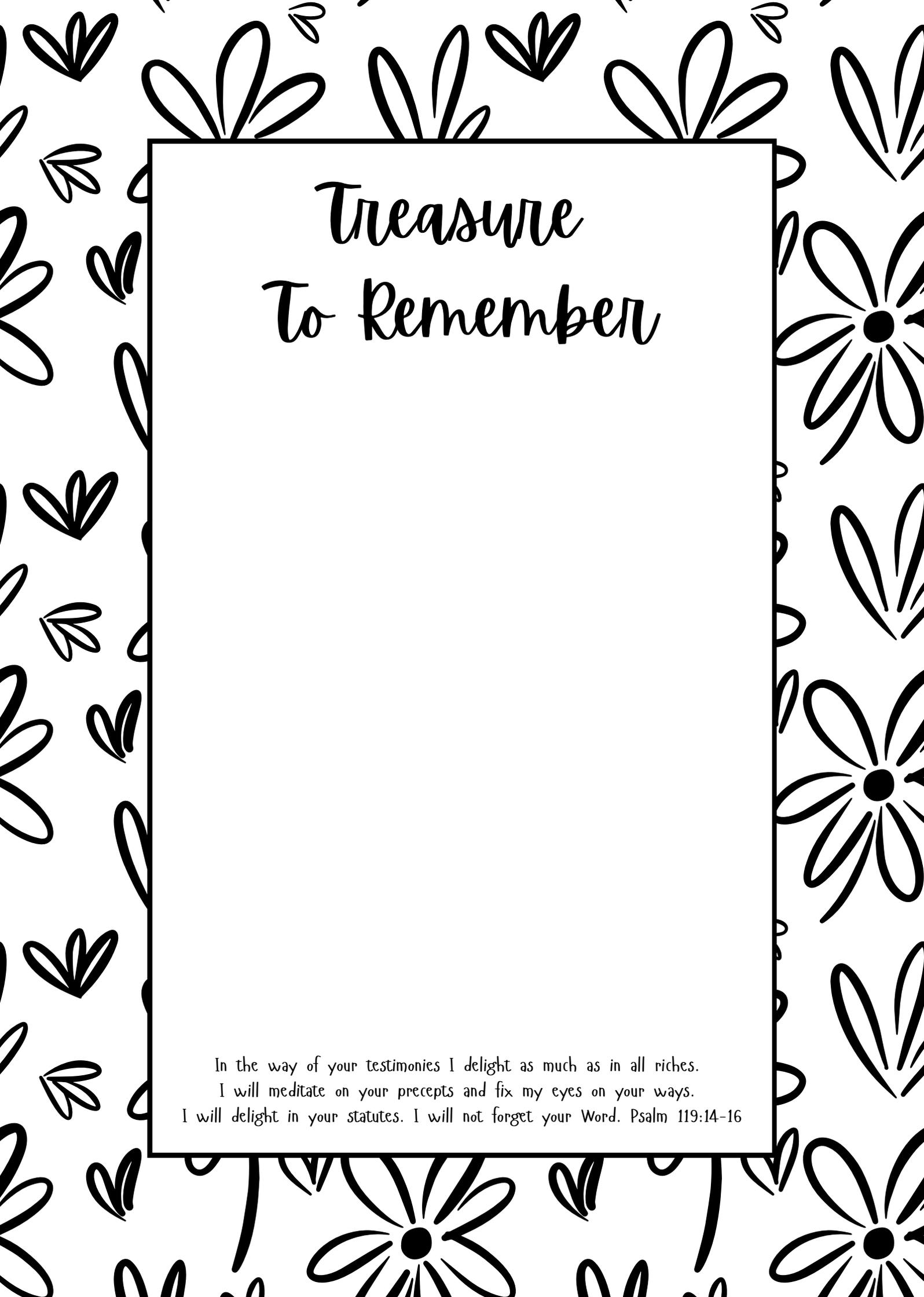
Realistic = Is it realistic for me to do this? If it's not realistic for you to do at this time the "R" becomes "Revise."

Timely = How much time do I sense the Lord wants me investing in this? When do I sense the Lord wants me to have this done by?

Then, commit your plans to the Lord and ask for His help to do this!

Once you've completed your application, record below what happened.

Why do you think the Lord invited you to do this?



Treasure To Remember

In the way of your testimonies I delight as much as in all riches.
I will meditate on your precepts and fix my eyes on your ways.
I will delight in your statutes. I will not forget your Word. Psalm 119:14-16