

# Meditation Of My Heart

Psalm 19:14

Ps Justin Leong (13/8/16)

- I. “Meditate” - Hebrew – Hagah or Siyach and in Greek – Melatao
  - i. In both original languages, it means to murmur (in pleasure or anger), to think, to study, to speak, to utter, to muse, to mourn, to ponder, to meditate, to revolve in the mind, to imagine.
  - ii. **MEDITATION** - Act of calling to mind some supposition, pondering upon it, and correlating it to one’s own life. A wicked individual meditates upon violence (Prov. 24:2). The meditation of a righteous person contemplates God or His great spiritual truths (Ps. 63:6; 77:12; 119:15, 23, 27, 48, 78, 97, 148; 143:5). He hopes to please God by meditation (Ps. 19:14). Thus meditation by God’s people is a reverent act of worship. Through it they commune with God and are thereby renewed spiritually. Quote from (LeBron Matthews)
  
- II. Blessed is the Man – Psalm 1:1-3
  - i. He delights in the law of the LORD
  - ii. In His law he meditates day and night
  - iii. Like a tree planted by the rivers of water
    - Brings forth his fruit in his season
    - His leaf also shall not wither
    - Whatsoever he does shall prosper

### III. God's instruction to Joshua - Joshua 1:1-8

#### i. The Book of the Law shall not depart from his mouth – v8

- Meditate therein day and night, that he may observe to do, according to all that is written therein:

#### ii. For then you will be prosperous and successful – v8

- Every place the sole of your foot will tread on I will give you – v3
- No man would be able to stand before you all the days of your life – v5
- I will not leave you or forsake you – v5

### IV. Acceptable Meditation - Psalm 19:14