**THE POWER OF MEDITATION**

**Intro:** I Timothy 4:11-16 - A tool of Christians, along with fasting and prayer, to make one more spiritually minded and nearer to God.

I) **What Is Meditation?**

**Definitions:**
- To attend to diligently - to practice
- To muse - go over in your mind
- To ponder deeply - deep groaning sound of the soul

* Not simply study or thinking of any kind, but contemplative consideration of a subject.

II) **When and Where Should One Meditate?**

a. Genesis 24:63; Psalm 63:5-6
b. Too busy? - Joshua 1:8
c. Anywhere and anytime you can do so
d. May have to make time
e. Psalm 1:1-2

III) **How Does One Meditate?**

1. Looking up - Isaiah 40:12-26
2. Remembering - Ps. 143:5-6
3. Pondering precepts - Ps. 119:97
4. Couple with prayer/ fasting - Acts 10
5. Practice, practice, practice

IV) **Why Meditate?**

1. Self-examination
2. Soul refreshment
3. Change character, behavior or conduct
4. To count your many blessings
5. To better live pro-actively, than reactively - Proverbs 4:26
6. To better choose your words - Prov. 15:28

**Conclusion:** Philippians 4:8; Colossians 3:2