

Biblical Meditation

I. Review

- A. What is Biblical meditation?
- B. How is it different from TM?
- C. What is the goal of Biblical meditation?

II. What Are the Objectives of Biblical Meditation?

- A. W _____ Psalms 24:7
- B. I _____ Psalms 119:99-100
- C. M _____ and e _____ Josh 1:8
- D. T _____ Rom 12:2

III. When Should We Meditate?

- A. At prescribed times Psalms 4:4;77:6;119:148
- B. Through the day Psalms 1:2

IV. Why Should We Meditate?

- A. Because of what the Bible is: _____
- B. Because of what man is and needs _____

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