

DAY 1

30-Day Bible Study on Meditation

Based on *Soul Pursuit: The Busy Person's Guide to Biblical Meditation*
by Lynelle Watford

Meditation. It's a popular topic. But have you ever considered what God's Word says about it? Take the next thirty days to explore the Bible to discover what place the ancient spiritual discipline of meditation has in our contemporary, fast-paced lives.

Invite God into your thoughts—practice meditation. Experience God's blessings in your life and be a source of hope to others as you share your insights and blessings.

Each day, this study invites you to focus on one verse about meditation (reflection on scripture). Study the verse, memorize it (or at least one phrase for a longer verse), and meditate on it. Record your insights and how God uses His Word to benefit you and others.

Ready? Grab your Bible study tools, and let's start!

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FOCUS

Verse: Joshua 1:8a, "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...."

Read the context: Joshua 1:1-9

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong's Concordance*) for several of the main words:

#1

#2

#3

Read the verse in other translations and/or look the verse up in a commentary. Record your observations.

Extra—rewrite the verse in your own words:

PURSUE

Print out several copies of the verse and place them in areas you will see them. Read the verse often and repeat, trying to memorize it.

As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 2

FOCUS

Verse: Joshua 1:8b, "For then you will make your way prosperous, and then you will have good success."

Read the context: Joshua 1:1-9

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong's Concordance*) for several of the main words:

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DAY 3

FOCUS

Verse: Psalm 19:14, "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer."

Read the context: Psalm 19:7-14

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong's Concordance*) for several of the main words:

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DAY 4

FOCUS

Verse: Psalm 119:48, "I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes."

Read the context: Psalm 119:41-48

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 5

FOCUS

Verse: Psalm 5:1, "Give ear to my words, O LORD; consider my groaning." (Many translations render this as, 'consider my meditation'.)

Read the context: Psalm 5:1-8

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong's Concordance*) for several of the main words:

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 6

FOCUS

Verse: Psalm 119:11, “I have stored up your word in my heart, that I might not sin against you.”

Read the context: Psalm 119:9-11

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 7

FOCUS

Verse: Isaiah 26:3, “You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

Read the context: Isaiah 26:3-9

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 8

FOCUS

Verse: Psalm 119:97, “Oh how I love your law! It is my meditation all the day.”

Read the context: Psalm 119:97-104

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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Extra—rewrite the verse in your own words:

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 9

FOCUS

Verse: Psalm 119:98, “Your commandment makes me wiser than my enemies, for it is ever with me.”

Read the context: Psalm 119:97-104

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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DAY 10

FOCUS

Verse: Psalm 119:99, “I have more understanding than all my teachers, for your testimonies are my meditation.”

Read the context: Psalm 119:97-104

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Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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DAY 11

FOCUS

Verse: Psalm 1:2, “but his delight is in the law of the LORD, and on his law he meditates day and night.”

Context: Psalm 1:1-6

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 12

FOCUS

Verse: Deuteronomy 6:6, “And these words that I command you today shall be on your heart.”

Read the context: Deuteronomy 6:1-9

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 13

FOCUS

Verse: Psalm 77:12, “I will ponder all your work, and meditate on your mighty deeds.”

Read the context: Psalm 77:6-13

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 14

FOCUS

Verse: Psalm 145:5, “On the glorious splendor of your majesty, and on your wondrous works, I will meditate.”

Read the context: Psalm 145:1-13

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 15

FOCUS

Verse: James 1:25, “But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.”

Read the context: James 1:23-25

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 16

FOCUS

Verse: Psalm 104:34, “May my meditation be pleasing to him, for I rejoice in the LORD.”

Read the context: Psalm 104:31-34

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 17

FOCUS

Verse: Jeremiah 15:16, “Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts.”

Read the context: Jeremiah 15:16-21

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 18

FOCUS

Verse: Psalm 119:15, "I will meditate on your precepts and fix my eyes on your ways."

Read the context: Psalm 119:9-16

SEARCH AND STUDY

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DAY 19

FOCUS

Verse: Psalm 119:16, "I will delight in your statutes; I will not forget your word."

Read the context: Psalm 119:9-16

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 20

FOCUS

Verse: 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."

Read the context: John 15:1-8

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong's Concordance*) for several of the main words:

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DAY 21

FOCUS

Verse: Psalm 119:148, "My eyes are awake before the watches of the night, that I may meditate on your promise."

Read the context: Psalm 119:145-152

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DAY 22

FOCUS

Verse: Deuteronomy 11:18, “You shall therefore lay up these words of mine in your heart and in your soul, and you shall bind them as a sign on your hand, and they shall be as frontlets between your eyes.”

Read the context: Deuteronomy 11:13-21

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DAY 23

FOCUS

Verse: Psalm 49:3, “My mouth shall speak wisdom; the meditation of my heart shall be understanding.”

Read the context: Psalm 49:1-20

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 24

FOCUS

Verse: Psalm 119:78, “Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts.”

Read the context: Psalm 119:73-80

SEARCH AND STUDY

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DAY 25

FOCUS

Verse: Job 23:12, “I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food.”

Read the context: Job 23:10-12

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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DAY 26

FOCUS

Verse: Psalm 143:5, “I remember the days of old; I meditate on all that you have done; I ponder the work of your hands.”

Read the context: Psalm 143:1-6

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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DAY 27

FOCUS

Verse: Psalm 119:23, “Even though princes sit plotting against me, your servant will meditate on your statutes.”

Read the context: Psalm 119:17-24

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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DAY 28

FOCUS

Verse: Colossians 3:16, “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

Read the context: Colossians 3:14-17

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DAY 29

FOCUS

Verse: Psalm 63:5, “My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips,”

Read the context: Psalm 63:3-8

SEARCH AND STUDY

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As you have opportunity, meditate on the verse. Record your insights and blessings:

DAY 30

FOCUS

Verse: Psalm 63:6, “when I remember you upon my bed, and meditate on you in the watches of the night;”

Read the context: Psalm 63:3-8

SEARCH AND STUDY

Look up the Hebrew or Greek meaning (use *Strong’s Concordance*) for several of the main words:

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Congratulations!

You’ve finished the 30-day Bible study on meditation. You should have a greater understanding of the importance and the benefits of purposeful contemplation on scripture.

Hopefully, ending this study marks a new and more exciting way that you relate to scripture to reflect Christ more clearly to our needy world.

You may sign up for my blog: ForeverWaters.com/blog



Be encouraged through my books at ForeverWaters.com

Soul Pursuit: The Busy Person's Guide to Biblical Meditation

Gift Books:

Finding Hope:

a journey of faith through uncertain times

Never Alone:

gentle reminders of God's presence and love

After Loss:

courage and healing through God's grace

Waters of Refreshment:

A Collection of Poetry and Photography

Out of the Ashes: Hope

Thoughts of Hope for Hurting Hearts

Out of the Desert: Refreshment

A collection of refreshing poems and reflections

birthed in the desert of pain

Out of the Storm: Peace

A journey to peace illustrated with poetry, prose, and photos