

HABITS

FOR THE WEARY SOUL



**Blessed is the one who does not
walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers, but
whose delight is in the law of the Lord,
and who meditates on his law day and
night. (Psalms 1:1-2)**

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Meditation

To meditate means:

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If you can worry you can meditate!

**meditation is pondering life within
the context of God's Word**

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Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

Matthew 4:1-4

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 4:1-4

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Through meditation we

1. desire God's Word

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Through meditation we

1. desire God's Word

2. digest God's Word

A row of vertical bars of varying heights is arranged on a concrete floor, receding into the distance. The tallest bar is on the left, and the bars become progressively shorter as they move towards the right. The background is a brick wall. The text 'HABITS FOR THE WEARY SOUL' is overlaid in white, bold, sans-serif font across the middle of the image.

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The practice of Meditation

- 1. Is there a truth revealed about God?**
- 2. Do you relate to an attitude, desire or feeling in the text?**
- 3. How am I being called to respond to God?**
- 4. Is there a habit or intention to cultivate?**

Psalms 62:1-2

**Truly my soul finds rest in God;
my salvation comes from him.**

**Truly he is my rock and my salvation;
He is my fortress, I will never be shaken.**

Psalms 62:1-2

Next steps in God's Word?

- 1. Meditate on one verse next week**
- 2. Memorize one verse a week or entire sections of Scripture**
- 3. Follow a Bible reading plan**
- 4. Join a Small Group**

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