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. – Joshua 1:8a (ESV)

Let the word of Christ dwell in you richly…singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. – Colossians 3:16 (ESV)

See also Psalm 119

**Sermon Notes – Christian Meditation**

1.) We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the word.

2.) We think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with God.

2.) We \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Him.