

# Heirs of Promise Church

*"Bringing Our Fruit Back To God"*

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*Num. 13:20*

**Title:** Benefits of Meditating in the Word                      5-3-26

**Text:** **Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

meditate: **Gr.** = *hagah, haw-gaw'*; to ponder , imagine, mutter, roar, speak, study, talk, utter.

**Introduction:** To meditate in the Word means to find a scripture that applies to your situation or need. Ponder, imagine yourself with it, mutter, speak, talk and utter it until you see it with your physical eyes. Give God praise for the fruit.

## I. The Word

### A. Medicine to our flesh:

**Proverbs 4:20-22** My son, attend to my words; incline thine ear unto my sayings. [21] Let them not depart from thine eyes; keep them in the midst of thine heart. [22] For they are life unto those that find them, and health to all their flesh.

Health: **Heb.** = medicine to all their flesh.

### B. A Lamp and Light:

**Psalms 119:105** Thy word is a lamp unto my feet, and a light unto my path.

C. Nourishment:

**Psalm 119:103** How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

D. Like fire and a hammer:

**Jeremiah 23:29** Is not my word like as a fire? saith the Lord; and like a hammer that breaketh the rock in pieces?

E. A Sword:

**Hebrews 4:12** For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

F. Jesus:

**John 1:1** In the beginning was the Word, and the Word was with God, and the Word was God.

## II. Benefits of Meditating in the Word?

A. Seeing a reflection of who we are In Christ, as looking in a Mirror:

**2 Cor. 3:18** But we all, with open face beholding as in a glass Gr. = mirror the glory of the Lord, are changed Gr.= transformed into the same image from glory to glory, even as by the Spirit of the Lord.

B. Being transformed into being more like Jesus:

**Romans 12:2** And be not conformed to this world: but be ye transformed Gr. = changed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

C. Washing away the world:

**Ephes. 5:26** That he might sanctify and cleanse it with the washing of water by the word,

D. Receiving the desires of our heart:

**Psalms 37:4** Delight thyself also in the Lord; and he shall give thee the desires of thine heart.

E. Turning our thoughts on Him:

**Psalms 139:2** Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.

F. Health and recovery from sickness and disease:

**Proverbs 4:20-22** My son, attend to my words; incline thine ear unto my sayings. [21] Let them not depart from thine eyes; keep them in the midst of thine heart. [22] For they are life unto those that find them, and health to all their flesh.

G. Prosperity and success:

**Joshua 1:8** This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

**Conclusion:** When we are meditating in the Word, we are abiding in the **True Vine**. Only then can we produce spiritual and physical fruit. **John 15:5**