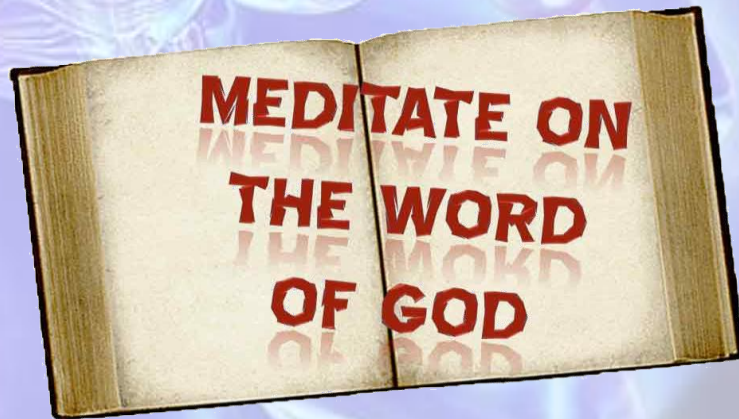


WELCOME!

HAPPY SABBATH!

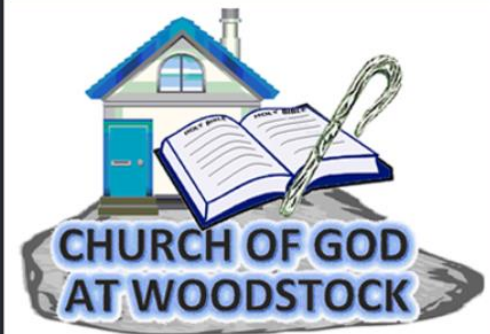


**TRUTH ON THE
WEB MINISTRIES**

WWW.TOTW.ORG

EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD

A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



THINK ON THESE THINGS CHRISTIAN MEDITATION?



SHOULD CHRISTIANS PRACTICE MEDITATION?

"**meditation**" is certainly a Biblical subject:

- a. Isaac meditated in the field at eventide. - **Gen 24:63**
- b. Joshua was charged by God to mediate "day and night" in the book of the law. - **Josh 1:8**
- c. The "blessed man" in Psalms 1 is one who meditates in God's law.- **Ps 1:1-2**
- d. David became wiser than his teachers through meditation on the Word of God. - **Ps 119:99**
- e. Paul commanded Timothy to "**meditate on these things**" speaking of character; virtues,etc.- **1Ti 4:15**

WHAT MEDITATION IN THE BIBLE IS NOT

Self-glorifying

Mind emptying

Silence seeking

Mantra chanting

Positive thinking

Feelings oriented

Infinity pondering

Prosperity thinking

Soaking in the Spirit

Contemplative prayer

Trance-like zombie state

Merging with the cosmic mind

Shortcut to super-spirituality

Transcendental meditation [aka relaxation]

WHAT MEDITATION IN THE BIBLE IS NOT

**DID YOU HEAR ABOUT THE BUDDHIST MONK
WHO REFUSED NOVOCAIN DURING A ROOT
CANAL?**



**HE WANTED TO TRANSCEND DENTAL
MEDICATION**

WHAT MEDITATION IN THE BIBLE IS NOT

Buddhist Meditations: Mindfulness, Detachment & Concentration

There are two main types of Buddhist meditation: *vipassana* (insight) and *samatha* (tranquility).

The 8-fold path to Enlightenment

- **Mindfulness** is a type of meditation that essentially involves focusing on your mind on the present. To be mindful is to be aware of your thoughts and actions in the present, **without judging yourself**. If a thought comes to your mind you are taught to put it away. Mindfulness is often defined as a **moment-by-moment nonjudgmental awareness of the present**. It is designed to cultivate **detachment**.
- **Detachment** in Buddhism teaches that attachment to this world, to your thinking, **to your identity as an individual self, and other attachments, such as desires**, keep you in the cycle of rebirth. **Buddhism holds that the self does not exist, and identification with the self keeps you in that cycle of rebirth**. Therefore, to achieve liberation from this cycle, one must break the attachment, so detachment is necessary. To stay calm and undisturbed, under circumstances that previously made you anxious, stressed, angry or agitated. To handle your daily affairs of life in a calm and relaxed way.
- **Concentration** is focusing on one thing to further detachment and open for relaxation or enlightenment. Meditating on the flow of breath is considered the most effective method for helping people with busy minds to quiet their internal dialogue.

WHAT MEDITATION IN THE BIBLE IS NOT

Buddhist Meditations: The goal of *samatha* meditation is to progress through four stages (*dhyanas*):

1. Detachment from the external world and a consciousness of joy and tranquility;
2. Concentration, with **suppression of reasoning and investigation;**
3. The passing away of joy, but with the sense of tranquility remaining; and
4. The passing away of tranquility also, bringing about a state of **pure self-possession and equanimity.**

John 15:11 These things have I spoken unto you, that my joy might remain in you, and ~~that~~ your joy might be full.

2 Thessalonians 3:16 Now the Lord of peace himself give you peace always by all means. The Lord *be* with you all.

WHAT MEDITATION IN THE BIBLE IS NOT

Buddhist Meditations: There are two main types of Buddhist meditation: *vipassana* (**insight**) and *samatha* (tranquility). The 8-fold path to Enlightenment

- As its name suggests, the purpose of **insight meditation** is the realization of important truths. Specifically, one who practices vipassana hopes to realize **the truths of impermanence, suffering and "no-self."**
- Vipassana meditation produces the understanding through which **liberation** takes place.
- **John 8:32 And ye shall know the truth, and the truth shall make you free. John 8:36 If the Son therefore shall make you free, ye shall be free indeed.**
- **John 3:15 That whosoever believeth in him should not perish, but have eternal life.**
- **James 1:25 But whoso looketh into the perfect law of liberty, and continueth *therein*, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.**
- **John 17:17 Sanctify them through thy truth: thy word is truth.**

WHAT MEDITATION IN THE BIBLE IS NOT

A sample Zen website states:

- **Breath** (long paragraph on focusing on breathing rhythmically...omitted.)
- **Thoughts**

“When you notice **thoughts**, gently **let them go** by returning your focus to the breath. Don’t try and stop thoughts; this will just make you feel agitated. **Imagine that they are unwelcome visitors at your door: acknowledge their presence and politely ask them to leave.** Then shine the soft light of your attention on your breath.”

- **Emotions**

“It’s difficult **to settle into meditation** if you are struggling with strong emotions. This is because some emotions tend to breed stories in the mind. Especially anger, shame and fear create stories that repeat over and over in the mind. **Anger and shame make us keep looking at past events of the past. Fear looks at the future with stories that start with, “What if...”**”

“The way to deal with strong emotions in meditation is to focus on the body **feelings** that accompany the emotion. For example, this could be the tight band of fear around the chest or the hot roiling of anger in the belly. Let go of the stories and refocus on your body. In this way you are **honoring your emotions** but not becoming entangled in stories.”

WHAT MEDITATION IN THE BIBLE IS NOT

Kabbalah Meditation

- Kabbalah meditations were devised by the Jewish mystics over 2,000 years ago to **enhance the awareness and access higher planes of consciousness**. The aim of Kabbalah meditation is to make the practitioners the true carriers of the light of God. Kabbalah meditation continues to flourish in the oral tradition and **rises above the written word**. This system will enable you to attain peace and happiness through **the union with God**. The objective of Kabbalah meditation transcends the need for relaxation and quieting the mind. **Kabbalah meditation enables the seekers to directly interact with the higher worlds** and bring about positive changes in life. It wipes off the negative influences both from your body and mind and establishes the power of mind over the matter. The essence of Kabbalah meditation is to bring new resources of joy, love and understanding to everything you do.

WHAT MEDITATION IN THE BIBLE IS NOT

BEAD-COUNTERS

DEFINITION: Rosary -- garden, from neuter of rosarius of roses, from rosa rose] First appeared 1547

1 often capitalized : a Roman Catholic devotion consisting of meditation on usu. five sacred mysteries during recitation of five decades of Hail Marys of which each begins with an Our Father and ends with a Gloria Patri

2 : a string of beads used in counting prayers esp. of the Roman Catholic rosary

The Rosary, or prayer wheel, is an ancient Babylonian practice that was fully adopted by the RCC in the year 1090. No person taking the moniker of Christian ever used beads to pray before that time. Many religions including Shamanism, Hinduism, Buddhism, Wicca, and Luciferianism utilize prayer wheels or beads. The use of the Rosary supposes that a certain number of prayers must be regularly gone over. It leads those who use them to emphasize **the form and ritual of repetitive prayers** and may open them to demonic influence and even possession.

Jesus said: **But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.** ~ Matt. 6:7

The following quotation is from Hislop's Two Babylons: "... The rosary, however, is no invention of the Papacy. It is of the highest antiquity, and almost universally found among Pagan nations. The rosary was used as a sacred instrument among the ancient Mexicans. It is commonly employed among the Brahmins of Hindustan; and in the Hindoo sacred books reference is made to it again and again."

* "Rosary" itself seems to be from the Chaldee "Ro," "thought," and "Shareh," "director."

WHAT MEDITATION IN THE BIBLE IS NOT

MYSTIC CONTEMPLATIVE PRAYER

Moment One: (Lectio) Read the Scripture passage for the first time. Listen with the "ear of your heart." What phrase, sentence or even one word stands out to you? **Begin to repeat that phrase, sentence or one word over and over, allowing it to settle deeply in your heart.** Simply return to the repetition of the phrase, sentence or one word, savoring it in your heart.

Moment Two: (Meditatio) Reflect, relish the words. Let them resound in your heart. Let an attitude of quiet receptiveness permeate the prayer time. Be attentive to what speaks to your heart.

Moment Three: (Oratio) Respond spontaneously as you continue to listen to a phrase, sentence or word. A prayer of praise, thanksgiving or petition **may arise**. Offer that prayer, and then return to repeating the word in your heart.

Moment Four: (Contemplatio) Rest in God. Simply "be with" God's presence as you open yourself to a deeper hearing of the Word of God. If you feel drawn back to the scriptures, follow the lead of the Spirit.

WHAT MEDITATION IN THE BIBLE IS

- **Genesis 24:63** And Isaac went out to **meditate** in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels *were* coming.

WHAT MEDITATION IN THE BIBLE IS

- **Genesis 24:63** And Isaac went out to **meditate** in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels *were* coming.

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATE (1):** Strong's Hebrew Dictionary 7742. שׁוּאֵךְ *soo'-akh* a primitive root; **to muse pensively:—meditate.**

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATE(2)**: Strong's Hebrew Dictionary 1897.
הָגָה *hagah daw-gaw'* a primitive root (compare 1901); to murmur (in pleasure or anger); by implication, **to ponder:—imagine, meditate**, mourn, mutter, roar, X sore, speak, **study**, talk, utter. See Hebrew 1901
- **MEDITATE(3)**: Strong's Hebrew Dictionary 1901.
הָגִיג *hagiyg haw-gheeg'* from an unused root akin to 1897; properly, a murmur, i.e. complaint:—**meditation, musing**. See Hebrew 1897

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATION (4)**: Strong's Hebrew Dictionary 1902. **יִגְיָוֶן** *higgayown hig-gaw-yone'* intensive from 1897; a murmuring sound, i.e. a musical notation (probably similar to the modern *affettuoso* to indicate solemnity of movement); by implication, a machination:—device, Higgaion, meditation, solemn sound. See Hebrew 1897

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATE(5)**: Strong's Hebrew Dictionary 1900. haguwth *haw-gooth'* from 1897; musing:—meditation. See Hebrew 1897
- **Psalms 49:3** My mouth shall speak of wisdom; and **the meditation** of my heart *shall be* of understanding.

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATE(6): Strong's Hebrew Dictionary 7879.** מַשִּׁיחַ *see'-akh* from 7878; a contemplation; by implication, an utterance:— babbling, communication, complaint, meditation, prayer, talk. See Hebrew 7878
- **Strong's Hebrew Dictionary 7878.** מַשִּׁיחַ *see'-akh* a primitive root; to ponder, i.e. (by implication) converse (with oneself, and hence, aloud) or (transitively) utter:— commune, complain, declare, meditate, muse, pray, speak, talk (with).

WHAT MEDITATION IN THE BIBLE IS

- **MEDITATE (1) Strong's Greek Dictionary 4304.** προμελετω *promeletao* *prom-el-et-ah'-o* from 4253 and 3191; **to premeditate:—meditate** before. See Greek 4253 See Greek 3191
- **Strong's Greek Dictionary 3191.** μελετω *meletao* *mel-et-ah'-o* from a presumed derivative of 3199; to take care of, i.e. (by implication) **revolve in the mind:—imagine, (pre-)meditate.** See Greek 3199

WHAT MEDITATION IN THE BIBLE IS

SOAP: Scripture, Observation, Application, Prayer

- **S**cripture: After you have the passages/plan for reading, look for the verse that impacts you the most and write it down.
- **O**bservation: What do you note about the context of this key verse? What's happening? What are the people feeling? What else is going on?
- **A**pplication: How can you apply this key verse? How would your life look different today in light of what God has shown you in this verse?
- **P**rayers: Write down a prayer of response to this passage, what you've learned, and the steps you know you need to make.

WHAT MEDITATION IN THE BIBLE IS

EXAMPLE S.O.A.P.

- ✓ **S**cripture: **Ephesians 4:15** But speaking the truth in love, may grow up into him in all things, which is the head, *even* Christ:
- ✓ **O**bservation: Christ has called us all to be one Body. He gave leaders to build up the Body so we all may become mature, not deceived by false teachings and strange doctrines.
- ✓ **A**pplication: I need to grow in being more like Jesus. Particularly in my attitudes and in how I treat others: Whenever I think of a brother/sister negatively, I will repent. I will also thank God for one of their positive attributes and ask God to bless them.
- ✓ **P**ray: "Lord God, help me to be transformed fully into the image of Your Son. Give me guidance and strength, and help me to treat others as you want me to treat them. Give me Your heart for other people. Forgive me for how I've treated others, and in every way help me to mirror Jesus. In every aspect of my life, let me walk in His steps. In Jesus Name, Amen!"

WHAT MEDITATION IN THE BIBLE IS

1. To dwell or contemplate on some truth or reality already revealed in Scripture (i.e., an "objective" form of meditation)
2. To be more specific, the man "after God's Own heart" is one who meditates on such things as:
 - a. The Lord Himself - **Psalms 36:5-7** Thy mercy, O LORD, *is in the heavens; and thy faithfulness reacheth* unto the clouds. Thy righteousness *is* like the great mountains; thy judgments *are* a great deep: O LORD, thou preservest man and beast. How excellent *is* thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.
(another example: See all of Psalm 148)

WHAT MEDITATION IN THE BIBLE IS

b. His wonderful Works: **Psalms 71:17** O God, thou hast taught me from my youth: and hitherto have I declared thy wondrous works.

(Also see all of Psalms 77)

Psalms 56:13 For thou hast delivered my soul from death: *wilt not thou deliver* my feet from falling, that I may walk before God in the light of the living?

WHAT MEDITATION IN THE BIBLE IS

c. **His revealed Word - Psalms 119:15-16** I will **meditate** in thy precepts, and have respect unto thy ways. I will delight myself in thy statutes: I will not forget thy word. **Psalms 119:23** Princes also did sit *and* speak against me: *but* thy servant did **meditate** in thy statutes. **Psalms 119:48** My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes. **Psalms 119:97-99** MEM. O how love I thy law! it *is* my **meditation** all the day. Thou through thy commandments hast made me wiser than mine enemies: for they *are* ever with me. I have more understanding than all my teachers: for thy testimonies *are* my meditation. **Psalms 119:148** Mine eyes prevent the *night* watches, that I might **meditate** in thy word.

WHAT MEDITATION IN THE BIBLE IS

Philippians 4:8-9 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

WHAT MEDITATION IN THE BIBLE IS

TRUE = Strong's Greek Dictionary 227. **αλητης alethes** *al-ay-thace'* from 1 (as a negative particle) and 2990; **true** (as not concealing):—**true, truly, truth.** See Greek 1 See Greek 2990

Matthew 22:16 And they sent out unto him their disciples with the Herodians, saying, Master, we know that thou art true, and teachest the way of God in truth, neither carest thou for any *man*: for thouregardest not the person of men.

John 3:33 He that hath received his testimony hath set to his seal that God is true.

John 8:17 It is also written in your law, that the testimony of two men is true.

WHAT MEDITATION IN THE BIBLE IS

HONEST = Strong's Greek Dictionary 4586. **σεμνος**
semnos *sem-nos'* from 4576; venerable, i.e. honorable:—
grave, honest. (See Greek 4576 i.e. worshipful)

1 Timothy 3:8 Likewise *must* the deacons **be grave**,
not doubletongued, not given to much wine, not
greedy of filthy lucre;

1 Timothy 3:11 Even so *must their wives be grave*,
not slanderers, sober, faithful in all things.

Titus 2:2 That the aged men be sober, **grave**,
temperate, sound in faith, in charity, in patience.

WHAT MEDITATION IN THE BIBLE IS

JUST = Strong's Greek Dictionary 1342. **δικαιος dikaios** *dik'-ah-yos* from 1349; **equitable** (in character or act); by implication, **innocent**, holy (absolutely or relatively):—**just, meet, right**(-eous). See Greek 1349

Hebrews 10:38 Now the just shall live by faith: but if *any man* draw back, my soul shall have no pleasure in him.

1 John 3:7 Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous.

Revelation 16:7 And I heard another out of the altar say, Even so, Lord God Almighty, true and righteous are thy judgments.

WHAT MEDITATION IN THE BIBLE IS

PURE = Strong's Greek Dictionary 53. **ἁγνός hagnos** *hag-nos'* from the same as 40; properly, **clean**, i.e. (figuratively) **innocent, modest, perfect**:—**chaste, clean, pure**. See Greek 40

2 Corinthians 11:2 For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present *you as* a **chaste** virgin to Christ.

1 Timothy 5:22 Lay hands suddenly on no man, neither be partaker of other men's sins: keep thyself **pure**.

1 John 3:3 And every man that hath this hope in him purifieth himself, even as he is **pure**.

WHAT MEDITATION IN THE BIBLE IS

LOVELY = Strong's Greek Dictionary 4375. **προσφιλης**
prospheiles *pros-fee-lace'* from a presumed compound of 4314
and 5368; **friendly towards, i.e. acceptable:—lovely**. See Greek
4314 See Greek 5368

ROOT WORD -Strong's Greek Dictionary 5368. **φιλεω** **phileo** *fil-*
eh'-o from 5384; **to be a friend to** (fond of (an individual or an
object)), i.e. **have affection for** (denoting personal attachment,
as a matter of sentiment or feeling; while 25 is wider, **embracing**
especially the judgment and the deliberate assent of the will
as a matter of principle, duty and propriety: the two thus stand
related very much as 2309 and 1014, or as 2372 and 3563
respectively; the former being chiefly of the heart and the latter
of the head); specially, to kiss (as a mark of tenderness):—kiss,
love. See Greek 5384 See Greek 2372 See Greek 25 See Greek
2309 See Greek 1014 See Greek 3563

WHAT MEDITATION IN THE BIBLE IS

GOOD REPORT = Strong's Greek Dictionary 2163.

ευφημος euphemos yoo'-fay-mos from 2095 and 5345; well spoken of, i.e. reputable:—of good report. See Greek 2095 See Greek 5345

ROOT WORD -Strong's Greek Dictionary 2095. ευ

eu yoo neuter of a primary eus (good); (adverbially) well:—good, well (done).

Strong's Greek Dictionary 5345. φημη pheme fay'-

may from 5346; a saying, i.e. rumor ("fame"):—fame. See Greek 5346

WHAT MEDITATION IN THE BIBLE IS

VIRTUE = Strong's Greek Dictionary 703. **αρετη arete** *ar-et'-ay* from the same as 730; properly, manliness (valor), i.e. excellence (intrinsic or attributed):—praise, virtue. See Greek 730. **αρην arrhen** *ar'-hrane* or **arsen** *ar'-sane* probably from 142; male (as stronger for lifting):—male, man.

1 Peter 2:9 But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

2 Peter 1:3 According as his divine power hath given unto us all things that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

2 Peter 1:5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;

WHAT MEDITATION IN THE BIBLE IS

PRAISE = Strong's Greek Dictionary 1868. **επαινος epainos** *ep'-ahee-nos* from 1909 and the base of 134; laudation; concretely, a commendable thing:—praise. See Greek 1909 See Greek 134

1 Peter 2:9 But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

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Important Part Of Our Transformation

1. The goal of the Christian is to become more like Christ - cf.

Romans 8:29 For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

2. This requires a "transformation" - **Ro 12:1-2** But notice that this is possible only by "**renewing the mind**" - **Ro 12:2** 4.

This "renewing" is possible only when we "set our minds" on proper things a. On things above not on things on the earth -

Col 3:1-2 5. Only then, when our minds are "set on things above", will we be successful in completing the

"transformation" which includes "putting off the old man" and "putting on the new man" - cf. **Col 3:1-2** with **Col 3:5-14**

Knowledge Of The Truth Sets Us Free

John 8:31-32 Then said Jesus to those Jews which believed on him, **If ye continue in my word, *then* are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.**

Imparts The Knowledge Of Salvation

2 Timothy 3:15-17 And that from a child thou hast known **the holy scriptures, which are able to make thee wise unto salvation through faith which is in Christ Jesus.** All scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness: **That the man of God may be perfect, thoroughly furnished unto all good works.**

Our Source For Spiritual Food

1 Peter 2:2-3 As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord *is* gracious.

Builds Us Up Into Our Inheritance In Jesus Christ

Acts 20:32 And now, brethren, I commend you to God, and to **the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.**

Reveals God's Precious Promises

2 Peter 1:2-4 Grace and peace be multiplied unto you through **the knowledge of God, and of Jesus our Lord**, According as his divine power **hath given unto us all things** that *pertain* unto life and godliness, through the knowledge of him that hath called us to glory and virtue: **Whereby are given unto us exceeding great and precious promises:** that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

THINK ON IT

1. **Meditation is valuable for considering God's law and attributes.**

THINK ON IT

1. Meditation is valuable for considering God's law and attributes.
2. Meditation is valuable for thinking through the right application of God's way of life.

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2. Meditation is valuable for thinking through the right application of God's way of life.
3. Meditation is valuable when things go wrong and when making well-founded decisions.

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4. Meditation is valuable for taking spiritual account and examining ourselves.

THINK ON IT

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5. Meditation is valuable for understanding.

THINK ON IT

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5. Meditation is valuable for understanding.
6. Meditation is valuable for spiritual satisfaction.

THINK ON IT

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2. Meditation is valuable for thinking through the right application of God's way of life.
3. Meditation is valuable when things go wrong and when making well-founded decisions.
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5. Meditation is valuable for understanding.
6. Meditation is valuable for spiritual satisfaction.
7. Meditation is valuable for superior knowledge.

THINK ON IT

FAITH & TRUTH

Hebrews 11:5-6 By faith Enoch was taken away so that he did not see death, "and was not found, because God had taken him"; for before he was taken he had this testimony, that he pleased God. But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

THINK ON IT

FAITH & TRUTH

II Peter 1:5-10 But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble;

THINK ON IT FAITH & TRUTH

Malachi 3:13-15 "Your words have been harsh against Me," Says the LORD, "Yet you say, 'What have we spoken against You?' You have said, 'It is useless to serve God; What profit is it that we have kept His ordinance, And that we have walked as mourners Before the LORD of hosts? So now we call the proud blessed, For those who do wickedness are raised up; They even tempt God and go free.' **Malachi 3:16-17** Then those who feared the LORD spoke to one another, And the LORD listened and heard them; So a book of remembrance was written before Him For those who fear the LORD And who meditate on His name. "They shall be Mine," says the LORD of hosts, "On the day that I make them My jewels. And I will spare them As a man spares his own son who serves him."

MEDITATE ON THIS!

Proverbs 23:7a **For as he thinketh in his heart, so is he:**
Eat and drink, saith he to thee;
but his heart *is* not with thee.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

THANK YOU.
RENEW YOUR MIND
THINK ON THESE THINGS.



HAPPY SABBATH!

THANK YOU!

HAPPY SABBATH!

THANK YOU!

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EPH 6:17 AND TAKE...THE SWORD OF THE
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