

Unlikely Hero

A Study Of The Psalms Of David



The Impact Of Meditation

Psalms 19:7-14

Sermon Notes | Jeff Randleman | August 27, 2023

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

– Psalm 19:14 (ESV)

What is Meditation?

It is the thinking that constantly runs through the mind again and again and again. Meditation is that activity that takes place in our minds all throughout the day. It is what occupies our thoughts.

How Do I Meditate?

Develop a _____ for the Bible.

Get to _____ the Bible.

Take your _____ with the Bible.

Commit the Bible to _____.

Avoid _____.

Why Should I Meditate?

Because God _____ it.

Because it will help keep you from _____.

Because it helps _____ your life.

Because it helps you _____ God's Word correctly.

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The following questions can be used for Small Group discussions or for personal reflection:

1. Define meditation in your own words. If you need to look it up, do so. Then try to explain it.
2. How often do you practice this discipline? What prevents you from doing so more often?
3. Do you have a plan for reading the Bible? How often do you spend time in God's Word? How can you set aside such a time more often?
4. Do you have a plan for memorizing God's Word? If so, what does that look like? If not, what's preventing you? If you need a helpful tool, check out the Bible Memory Project. (<https://biblememproject.com>)
5. If you need a starting point for memorizing God's Word, start with Psalm 19:14, from today's message.
6. What are your biggest distractions when it comes to spending time with God's Word? How can you become more intentional?
7. For further study, read and discuss the following Scriptures (used in today's message): Psalm 19:7-14; 77:12-13; 2:1-2; 119:11, 97, 47-48, 148; 1:1-2; Proverbs 24:1-2; Jeremiah 17:9; Genesis 6:5; Romans 8:29; 1 Corinthians 15:49; 2 Corinthians 10:5; John 6:67-68; Joshua 1:8; Colossians 3:2; Philippians 4:8-9; Matthew 12:34.