

## For Our Information

Ruben Keisler will have surgery on his knee on January 27th.

Joyce Venable has been suffering with migraines this week.

John Jackson will have shoulder surgery on February 10th.

Theresa Ragsdale will have surgery on January 20th. Phyllis Jackson will be going to be with her and Ricky during surgery.

Ruben & Brenda Keisler are on vacation in this week Mexico.

Keep our brothers & sisters in mind

## Contact Us

We want opportunities to speak with others about our work in the Lord's Kingdom.

### Church of Christ

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[tannerst.com](http://tannerst.com)

We seek only to serve God according to His Will!

## Quiet Time With The Lord

*How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.*

### Psalm 1:1-3

No matter what is going on in our life, we need to take time to think about God's Word. Meditation is more than just reading. It involves thinking about what we have read, how it can be applied to our situation, what phrases and words mean, what changes are needed in our life to remain focused on God's desires. We need to think on these things. DLH

# Seeking His Righteousness

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## The Value of Daily Meditation

Kent Heaton

The physical body is designed to have nourishment each day. Through the creative power and wisdom of God, the flesh requires renewal and sustenance to maintain life. A body lacking water or food will die. Starvation is a terrible way to die as a slow, painful and miserable process takes place because of the requirements to sustain life are neglected. Neglect of the corporeal needs of the body will bring death to the flesh and neglect of the spiritual needs of the soul will cause spiritual death.



*Your words were found and I ate them, And Your words became for me a joy and the delight of my heart; For I have been called by Your name, O Lord God of hosts.*

**Jeremiah 15:16**



## Meet With Us

### Worship Services

Sunday 10:20 am & 5:00 pm

### Bible Classes

Sunday 9:30 AM

Wednesday 7:00 PM

1512 Tanner St. Malvern, AR

TannerSt.com

As God designed the mortal body to require nourishment, so the inner man requires nourishment. Paul wrote, "Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day" (2 Corinthians 4:16). There is a part of man that is of more value than the outward tabernacle; the image of God. When God created man in Genesis 1, He said, "Let us make man in our image, after our likeness" (v26). This is the component of man that never dies.

The need of the inner man is a daily renewal. Without the nourishment of God's presence, the spiritual man will suffer malnutrition and become diseased. The value of daily meditation with God is the sustenance drawn from His presence in our daily lives. David knew the value of daily meditation when he wrote, "But his delight is in the law of Jehovah; and on his law doth he meditate day and night. And he shall be like a tree planted by the streams of water, that brings forth its fruit in its season, whose leaf also doth not wither; and whatsoever he doeth shall prosper" (Psalms 1:2-3).

The law of Jehovah is a delight; as something we enjoy, we find pleasant and we desire. As food to the body is a nourishing delight so the law of our Lord is something we must have each day. The presence of His word in our lives is a meditation that guides us through the day as we ponder His power, love, majesty and wisdom. Psalm 119 is a declarative thesis on the power of the law of Jehovah. The writer declares how much they love the law of the Lord as a meditation all the day and the wisdom gained from the knowledge of Jehovah's mind. The law makes one

## Store In My Heart

### 1Corinthians

#### 11:23-25

The Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "This is My body, which is for you; do this in remembrance of Me." In the same way He took the cup also after supper, saying, "This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."

The Corinthians had turned this memorial of the death, burial and resurrection of Jesus into a drunken feast. Paul's reminds them this memorial is not about satisfying their desires. It was, and still is, only about remembering what Christ did for us.

Remember Christ's sacrifice made on your behalf.

wiser, with more understanding, helping to refrain ones feet from every evil way and serves as a "lamp to my feet and a light to my path" (v105).

The Psalmist further states, "How sweet are Your words to my taste, sweeter than honey to my mouth" (Psalm 119:103). The value of daily meditation is how sweet the words of the Lord affect our daily walk. In times of trouble, we find solace in the guidance of a loving God; in times of joy, we share with the ancients of old the happiness in trusting in a bountiful Savior; from the pages of our daily meditation we ascend to the throne of our Father to find safety in His arms.

The value of daily meditation is the time we spend with the Lord. Eternal life will not be granted to those who are strangers of the Son of God. Only those who have a daily walk with Him will share Heaven. Each day is filled with a long discussion with the Creator of this world; the Savior of all men and the power of His gospel. Our daily mediation is the joy we find in consuming His words in our life. Jeremiah the prophet wrote, "Thy words were found, and I did eat them; and thy words were unto me a joy and the rejoicing of my heart: for I am called by thy name, O Jehovah, God of hosts" (Jeremiah 15:16).

As the Lord instructed Joshua, so we must do. "This book of the law shall not depart out of thy mouth, but thou shalt meditate thereon day and night, that thou may 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" (Joshua 1:8). May our lives be enriched by the daily meditation of the word of God.