

I Need Meditation Philippians 4:8

We Must Feed Our Minds

God designed our body to require nourishment on a daily basis.

Without daily provision our body will gradually lose its abilities and we will waste away to nothing.

We can survive a few days without food or water, but our body will always be less because of the lacking.

Our body has strict requirements for optimal performance; we need the right kind of nourishment. Just any thing is not sufficient! We might survive on junk food, but we will never thrive until we submit to a proper diet.

God also designed the inner man to require daily nourishment. - **2Corinthians 4:16**

Our inner man also needs a particular diet to reach its full potential.

Mind is location of a great spiritual battle for our soul - **Romans 7:22-23; 2Corinthians 10:3-6; Ephesians 6:12**

We must take every opportunity to prepare our self.

Since the battle is for the focus of our mind, it is our mind we need to feed. We need to furnish our minds with truth and righteous thoughts. - **Philippians 4:8**

We Greatly Benefit From Meditation

David understood the value of daily meditation upon God's Word - **Psalms 1:1-2**

The mind allows man to ponder and think and challenge his world with better things. From the mind come imagination and thought. The mind represents the hope and the aspiration of all man's needs and wants.

To mediate on something is to consider its design, purpose and growth in my life. - **Psalms 143:5**

To "meditate" means to think about something quietly and at length.

Indeed, one of the synonyms for meditate is "ruminate," which means to "chew" something over in our minds. "Chew your food" To continue our original analogy, we need to "chew the Bible."

Where does your mind wonder when you are doing "busy work"?

Things that require our action but are often performed without a great deal of conscious thought, dish washing, mowing, even exercise.

We meditate on things regularly, question is "Is our current meditation helping us serve God?"

It is not enough to simply read the Word, we need to contemplate what we have read. - **Psalms 77:12**

Meditation is important because that's where we usually see the meaning and significance of what we know. Without meditation, we may have much information in our minds, but there'll be little wisdom in our hearts. - **Psalms 119:97,99**

More we ponder the Word in our minds, deeper it is embedded into our thoughts and actions.

Yeast won't help bread unless it is well kneaded into the mix

Meditation Takes Time And Purpose

May need to change our habits to allow time for meditation on God's Word - **Psalms 63:6**

It will require that we stop the distractions around us.

Be willing to let go of some activities to make the time to meditate. - **Joshua 1:8**

Shall we please God with anything less?

Feed Your Mind

We need to take the time, daily, to use this great blessing given by God to help us grow closer to Him. - **2Timothy 2:15**

That includes using all the resources available to us.

Meditation is one of the methods given to help us make God's Word an active part of our life.

The value of meditation will be seen in a closer relationship with God and our ability to better

overcome the things of this world that hinder us from keeping ourselves righteous. - **Psalms 1:3**

Feed your mind and it will carry you through