



## **Psalm 119:97**

**“O how love I thy law! it is my  
meditation all the day.”**

# ***Meditating on God's Word***

**1. Meditation is like a cow chewing her cud.**

**2. Meditation is like worrying, except that you're thinking about God's Word, not fears and "what ifs".**

**3. Meditation is filling your heart and mind with God's truth and God's promises.**

**(1) Who are you, Lord?**

**(2) What do you want me to do?**

**(1) Lord, what can I learn about You?**

**(2) What should I do?**



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