

“Renew Your Mind: Develop the  
Habit of Meditation”

Psalm 1

March 29, 2026

“I reach out for your commands, which I love, that I  
may meditate on your decrees.”

**Psalms 119:48 (NIV)**

I. What is Biblical meditation?

1. Meditation is not emptying your mind, but it is \_\_\_\_\_ your mind with \_\_\_\_\_.
2. Meditation is a \_\_\_\_\_ element in renewing your mind.
3. Meditation is the hammer that drives the nail of God’s truth into your \_\_\_\_\_ and \_\_\_\_\_.
4. Meditation is to be an ongoing \_\_\_\_\_ practice.

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

**Joshua 1:8 (NIV)**

5. Meditation becomes easier the more you \_\_\_\_\_ God’s word.

“but whose delight is in the law of the LORD, and who meditates on his law day and night.”

**Psalms 1:2 (NIV)**

6. Meditation carries the \_\_\_\_\_ of spiritual success.

“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.”

**Psalms 1:3 (NIV)**

II. How do you develop the habit of meditation?

1. \_\_\_\_\_ of the word.

“Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.”

**Acts 17:11 (NIV)**

2. \_\_\_\_\_ of that which is not of the word.

“And this is true. So, speak to the Christians there as sternly as necessary to make them strong in the faith and to stop them from listening to Jewish folk tales and the demands of men who have turned their backs on the truth.”

**Titus 1:13-14 (TLB)**

“For there is going to come a time when people won’t listen to the truth but will go around looking for teachers who will tell them just what they want to hear. They won’t listen to what the Bible says but will blithely follow their own misguided ideas.”

**2 Timothy 4:3-4 (TLB)**

3. \_\_\_\_\_ of the word.

“I have thought much about your words and stored them in my heart so that they would hold me back from sin.

**Psalms 119:11 (TLB)**

4. \_\_\_\_\_ of the word.

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.”

**2 Timothy 2:15 (NIV)**

❖ Sin to confess?

❖ Promise to claim?

❖ Attitude to change?

❖ Command to obey?

❖ Example to follow?

5. \_\_\_\_\_ with the word.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**Philippians 4:6-7 (NIV)**

6. \_\_\_\_\_ of the word.

“Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.”

**Romans 10:17 (NIV)**

“The tongue has the power of life and death, and those who love it will eat its fruit.”

**Proverbs 18:21 (NIV)**

7. \_\_\_\_\_ of the word.

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

**Joshua 1:8 (NIV)**

“Do not merely listen to the word and so deceive yourselves. Do what it says.”

**James 1:22 (NIV)**

8. \_\_\_\_\_ with the word.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

**Hebrews 10:24-25 (NIV)**

9. \_\_\_\_\_ with the word.

“My eyes stay open through the watches of the night, that I may meditate on your promises.”

**Psalms 119:148 (NIV)**

“In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.”

**Psalms 4:8 (NIV)**