

PARTICIPANT'S GUIDE COURSE TWENTY-EIGHT

MEDITATING ON THE SCRIPTURES

How to Use This Guide

This self-study guide is a companion document to the video course "Meditating on the Scriptures"

This guide will help you get a comprehensive look at how to find your purpose and destiny in life by looking at one of the ways in which Jesus can reveal your purpose and destiny to you.

Each Glory to Glory Study guide is organized around five areas of learning:

1. **Synopsis of Key Learning** - The synopsis will provide summaries of key points from the video that are important for you to understand and serve as foundational knowledge for the next course in the learning series.
2. **Important Vocabulary and Concepts** - This study guide will provide explanation of important words or ideas that are critical to understanding biblical truth.
3. **Deeper Learning** - The more you know and understand about who God is and how He works, the deeper in love you fall. God wants to have a deep and abiding relationship with you. He desires for you to know Him. This section of guide will give you additional insights into the teaching from the video for you to study on your own. If you have questions, there will be mentoring moments in the online school for you to get your questions answered.
4. **Life Application** - God calls for us to not just be a hearer of His word, but a doer also. (James 1:22). This means that God expects for us to apply what we learn about Him in our everyday lives. This section of the study is to help you think about the ways to apply what you learn from the course to your everyday life.
5. **Memory Scriptures** - Scriptures that support key concepts in the course will be highlighted. We encourage you to memorize these scriptures by meditating on them until they are hidden in your heart. When you hide God's word in your heart, it makes it hard for the enemy to deceive you. In this way, you are less likely to sin against God. (Psalm 119:11)

Introduction to Course Twenty-Eight

In this course we will look at a simple way of meditating on the scriptures. You will also learn reasons why it is important to meditate on the scriptures and how it helps with mental health, emotional health and any traumas that you may have faced in life. By practicing the simple exercise taught in this class you will learn how you can easily meditate during the day and at night before bed.

Meditating on the Scriptures	
Synopsis	The bible states that God's word was with Him in the beginning (John 1:1) and it is also used to establish what we see in the earth. The bible is not some archaic book but instead holds the key to how we overcome in this life. The Word is a Person, Jesus. It heals and delivers, offers guidance and brings comfort when we need it. Adopting a habit of not only reading the bible but meditating on it will produce fruitfulness and success as we go through life. You will learn the 3 questions that you need to ask yourself in order to enter into a meditative state with the word of God.
Key Vocabulary/ Concepts	Meditate Strong's Concordance 1897 Hebrew - hahah: to moan, growl, utter, speak, muse, declare, devise Phonetic Spelling : (daw-gaw)
Deeper Learning	<p>The definition of meditate tells us that this word is not only what is going on in our minds but also what is coming out of our mouths. We know that out of the abundance of the heart the mouth speaks (Luke 6:45); therefore, what you meditate on has the power to change your heart and your speech.</p> <p>A key part of meditating on the word of God is guarding what you allow in through your eyes and your ears. The more time you give to something the more opportunity you give it to stick with you. If you spend most of your time listening to negative things that means you will have more negativity coming out of your mouth and living in your heart. Therefore, it is important that you spend more time meditating on the word in order to see faster changes.</p> <p>To remain whole in our mind and emotions we have to feed our heart with God's word. Keeping it constantly in our ears and our eyes will ensure that our hearts are filled with His word. This will transform how we think and help to resolve mental health and emotional wounds.</p>
Life Application	<p>To meditate on scripture, you need to ask yourself these three questions:</p> <p>What does it say? This is the literal reading of the bible.</p> <p>What does it mean? This is further dissecting and possibly using a dictionary to look up the meaning of words you do not understand.</p>

What does it mean to me? This final step is where you use that scripture, apply it to your life and reflect on how coming into the knowledge of that scripture will transform how you see yourself, others, society and your current circumstances.

What it means to you can be different from what it means to someone else, and that is OK. Actually, what a scripture means to you today can be different from what it will mean to you in 5 years and that is still OK. Because as you grow in your relationship with the Lord your understanding will change and God will begin to give you a deeper revelation and understanding to the same scripture.

Knowing that God's word is Truth and has preeminence above all things means that when you read it, if what you are hearing from others and what you are feeling is contrary to what the scripture says then the scripture cancels all those thoughts and words and replaces it with God's word. It means you need to replace what you feel with what the Word says.

It doesn't matter what anyone else says to you, God's word stands above everything. This is why knowing what it says and meditating on what it says creates real change that no doctor or medication will ever fix. There's nothing wrong with being on medication if you need it cope for a short period of time. However, when this is coupled with meditating on the scriptures you will notice that you will be able to heal much faster than with medications alone.

Make a habit of reading the bible before you go to sleep at night and before bed take one verse, or two, and ask yourself the 3 questions. What does it say? What does it mean? And, what does it mean to me? Watch how differently you will feel in the morning and how much better your days will be when you put this into practice.

Whenever you are struggling in your mind or emotions, all you need to do is a quick search on the internet and look up a topic that relates to that struggle and meditate on the scriptures. For example, you can search bible verses for addiction, bible verses for depression, bible verses for fear.

I have found that just [meditating on God's love](#) is a one stop shop cure all for many of life's ailments.

**Memory
Scriptures**

(Psalm 138:2) "I bow down toward Your holy temple and give thanks to Your name for Your steadfast love and Your faithfulness, for You have exalted above all things Your name and Your word."

Prayer

Abba Father,

I praise You for the preeminence of Your Word. I thank you that we have it for instruction, correction, guidance, wisdom, insight and knowledge. May it be my desire to get into Your word every day and meditate on it so that I may receive healing and wholeness in my mind, body, soul and spirit, in Jesus name, Amen