



## JANUARY THEME

### MEDITATE

#### Week Four

#### Monday ~ **READ**

READ Psalm 19:7-14 and Philippians 4:8. Define any words that may be unfamiliar to you.

#### Tuesday ~ **COPY**

COPY Psalm 19:7-14 and Philippians 4:8.

After copying, gather 3 highlighters, colored pencils or crayons and do the following in the Psalm 19 passage:

- Highlight in one color each time you see the phrase *"of the Lord"*
- Highlight in one color each description of the Word (for example, *"perfect"* in verse 7)
- Highlight in one color each description of what the Word does (for example, *"restores the soul"* in verse 7)

#### Wednesday ~ **PONDER**

PONDER Psalm 19:7-14 and Philippians 4:8 using the following suggestions:

- Make two lists on the right and left sides of your paper. List 1: write the 8 words in Psalm 19 that describe God's Word. List 2: write the 8 words in Philippians 4:8 describing our thought focus
- Match the words on the left with the words on the right. Some will be exact and some will be similar
- What might the Holy Spirit want you to see by being aware of these connections? Journal your thoughts
- Which of the statements about God's Word in verses 7-10 is most meaningful to you? Why?
- More benefits of valuing God's Word are found in verses 11-13. Ponder each one
- Take note of the words *"of my heart"* and *"of my mind"* in the prayer found in verse 14. Lay them alongside the phrase *"of the Lord"* which is repeatedly found in verses 7-10. Ponder the connection

#### Thursday ~ **PRAY**

PRAY through Psalm 19:7-14 and Philippians 4:8 using the following prompts:

- Thank God for each individual quality of His Word found in verses Psalm 19: 7-10
- Ask God to use His Word in each of the specific ways described in Psalm 19:11-13  
Speak out Psalm 19:14 as a prayer from your own heart
- Ask God to use His Word to fix your mind on each of the virtuous thoughts in Philippians 4:8

#### Friday ~ **LISTEN**

LISTEN to a brief message about Psalm 19:7-14 and Philippians 4:8 found on our YouTube channel, *Established Footsteps Ministry*. \*This video will be posted by Friday and a link will be sent to you via email.

#### Saturday ~ **SHARE**

SHARE both passages on one of your social media accounts. Share how they have encouraged you and invite others to join you in MEDITATE. You can use the hashtag **#EFMEDITATE2021**