



## JANUARY THEME

### MEDITATE

#### Week Two

#### Monday ~ **READ**

READ Psalm 119:97-104 from 4 different translations. Pick the one you connect with most and read it out loud.  
\* [www.biblegateway.com](http://www.biblegateway.com) is a great place to view many different translations

#### Tuesday ~ **COPY**

Create two columns on a piece of paper.

- In the left column, COPY Psalm 119:97-104 from your main study Bible version.
- In the right column, using the four translations you read yesterday, choose your favorite of each verse and COPY each one alongside that same verse in the other column.
- Compare them.

#### Wednesday ~ **PONDER**

PONDER Psalm 119:97-104 using the following considerations.

The writer, David, is expressing many benefits and blessings of meditating on God's Word...

- List the various ways that the writer has meditated on God's Word.
- List the blessings he has experienced from God as a result.
- Which ones of these verses encourages you most? Why?
- Which one challenges you most? Why?

\*the Holy Spirit may direct you to ponder additional questions as well... go for it!

#### Thursday ~ **PRAY**

Pray the following from Psalm 119:97-104 over your life:

- Pray to *"love God's Word and make it your meditation throughout the day"*
- Pray to take hold of God's Word and make it *"mine"*
- Pray for God's Word to *"make you wiser than your enemies, give you more insight than your teachers, and more understanding than the aged."*
- Pray that you would be faithful to follow God's Word by *"restraining your feet from evil and not turning aside toward it"*
- Pray that God would teach and give you understanding of His Word, that you may *"hate every false way."*
- Pray that His Word would be *"sweet"* to you.

#### Friday ~ **LISTEN**

You will find a brief message about Psalm 119:97-104 on our YouTube channel, *Established Footsteps Ministry*.

\*This video will be posted by Friday.

#### Saturday ~ **SHARE**

SHARE the verse from this section that challenges you the most with a trusted friend or family member, asking them to pray for you in regard to what it says.