

COME SEEK THE LORD

An invitation to meditate day and night

CHECK YOUR MOTIVATION FOR SEEKING GOD

Romans 4:3-8 – For what does the Scripture say? “Abraham believed God, and it was counted to him as righteousness.” Now to the one who works, his wages are not counted as a gift but as his due. And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness, just as David also speaks of the blessing of the one to whom God counts righteousness apart from works: “Blessed are those whose lawless deeds are forgiven, and whose sins are covered; blessed is the man against whom the Lord will not count his sin.” (ESV)

Galatians 3:2-6 – “Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith? Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh? Did you suffer so many things in vain—if indeed it was in vain? Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith—just as Abraham “believed God, and it was counted to him as righteousness”?” (ESV)

Hebrews 11:6 – And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.” (ESV)

Psalms 23:6 – May your goodness and mercy follow me all the days of my life. That I may dwell in the house of the LORD forever.

MEDITATE DAY AND NIGHT

What is meditation?

Psalms 1:2 – But his delight is in the law of the LORD, and on his law he meditates day and night.”(ESV)

Joshua 1:8 – “This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (ESV)

Psalms 2:1 - Why do the nations rage? And the people plot against the Lord and His anointed? (ESV)

HOW TO MEDIATE PSALMS 34

(1 Samuel 21:10-15; Psalm 34, 56)

1. Read the entire chapter/Psalm
2. Take the first verse or even a phrase of verse 1 for the day.
3. Write it out. Pen and paper. OLD school!
4. REPEAT, REPEAT, REPEAT!
5. Ponder each word, why this word? Why here?
6. Take a break and then come back
7. Resist the urge to keep reading.

Psalm 34:1 - I will bless the LORD at all times. Continually will His praise be in my mouth. (ESV)

Psalm 34:22 – The LORD redeems the life of his servants; none of those who take refuge in him will be condemned.” (ESV)

Psalms 2:12 – Blessed are all who take refuge in Him (ESV)