

An Urgent Appeal for Biblical Meditation

PBC: Women's Ministry | January 30, 2024

Introduction

What Is Meditation?

Biblical meditation is the act of _____ on a biblical _____ so thoroughly that it _____ you entirely.

Why Should You Meditate?

Three reasons...

- Meditation is the _____ you are meant to use _____ in your _____ against _____.
- Meditation _____ your _____ with God.
- Meditation _____ your _____ in the _____ of life.

How Should You Meditate?

- Subjects for Meditation
- Occasions for Meditation

Helpful Resources Related to Biblical Meditation

- *God's Battle Plan for the Mind*, David Saxton
- *A Gospel Primer*, Milton Vincent
- *The Attributes of God*, A.W. Pink
- *The Knowledge of the Holy*, A.W. Tozer