

MEDITATE TO ENTER

I. Joshua's key to entry

A. Joshua 1:8

B. Joshua's Success - Family - Josh 24:15; Health - Josh. 24:29;

Prosperity - Josh. 24:30; Achievement - Josh. 24:30; Promises Josh. 21:44-46

II. How do I meditate?

A. To say to oneself; mutter or utter aloud to oneself

B. To ruminate (chew on); go over in the mind repeatedly & slowly

C. To reflect, contemplate; ponder carefully with the mind; to muse

III. Make space to meditate

A. Prayer; read; study; meditate

B. Eliminate time wasters: wrong relationships; moral impurity;

strife/negative conversations Ps. 119:23; ungodly mind

manipulators Lam. 3:51; bitterness