



Joshua 1: Benefits of Biblical Meditation

*Gathering all generations
to pray for all nations
ASKing God to do what only He can do
and doing whatever He ASKs of us.*

*ASK for the Church to live
in the Blessings of God*

If you have not already worked through the Basic Lessons, also found under Teaching Resources, it is recommended you do so, in order to get the most out of this and the other teaching lessons.

Suggestion: Read through the lesson first, then go through the scriptures slowly, stop and meditate as you are led by the Holy Spirit. What you receive is the basis for your prayers. **Group:** Let everyone share briefly. As you begin, encourage praying on each other's prayers until they are finished. Then start another prayer. Pray through all that was received in meditation.

Joshua 1:8 is an illustration of how to meditate.

Benefit Psalm 1 and Joshua 1:8 go hand in hand, each has a blessing for the meditator. Psalm 1:3 Be blessed in whatever you do. Joshua 1:8 Be blessed wherever you go.

Joshua 1:8 "This book of the Law (Word) shall not depart from your mouth but you shall meditate in it day and night; that you may observe 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."

Do not let the Word depart from your mouth, make it a continuing process until it becomes part of you. Receive the Word into your inner being, live it, James 1:21. Be a doer of the Word.

Response: Meditate day and night. How?

This word for meditation is not only a mental exercise it can involve speaking the words in a soft droning voice with complete focus, maybe much like when you learned the times tables. 8 x 8 is 64; if you learned them this way you still know them. This word for meditation also includes the use of your imagination and pondering a word, a thought.

Meditate day and night — This is not as hard as you imagine. Worry and complaining are examples of negative meditation and we do them easily. Speak the Word aloud and/or silently to yourself. Go over it in your mind; use your imagination, ponder it, then respond to God about what the Word is speaking to you.

Look at the Word from different perspectives.

Example: Speak the Words aloud, emphasizing a different Word each time. **THIS** Book of the Law, This **BOOK** of the Law; This Book of the **LAW**, and so on. The different emphasis will give a different perspective. A **benefit** here is that you will find yourself memorizing the passage without deliberately doing so.

Response: If you were focusing on the word as LAW, how do you feel about God's authority in your life? This might be an issue to deal with.

Response: Your response is based on your obedience to the Word. Most important, talk to God about the Word; this is to be a dialogue. Approach the Word as if God is speaking to you directly and looking at you for your answer. This will change the way you read the Word.

Continue on through the passage, noting what God will say to you.
ASK God to give you a love for His Word.

Context: In Joshua 1, they were dispossessing enemies. This is what we do in a spiritual sense as we come into possession of our own Promised Land with personal victory over sin, freedom from bondages to live in our spiritual inheritance.

Context is important in meditation. Note the surrounding verses for insight and balance. Verses 6,7 and 9 surround the verse on meditation and all repeat the same instructions, **“Be strong and of a good courage...”**

Joshua 1:6 “Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them.” Keep the goal in sight.

v7 “Only be strong and very courageous that you may observe to do according to all the law which Moses My servant commanded you; Do not turn from it to the right hand or to the left, that you may prosper wherever you go.”

v8 “...For then you will make your way prosperous, and then you will have good success.”

You determine the outcome by your obedience. **Prosper and good success** in v7 and 8 are the same word meaning to act circumspectly, to think through things and act wisely, further glimpses of what meditation looks like. Your **way** is your pathway, the road you take in life.

Prosperous in v8 means you will be able to push forward, to have a breakthrough in a good sense. This is the same word in Psalm 1:3, you will **prosper** in whatever you do. You will not stagnate. Psalm 1 says you will bring forth fruit in its season and you will not wither.

v9 “Have I not commanded you? Be strong and of a good courage; do not be afraid, do not be dismayed, for the LORD your God is with you wherever you go.”

God is with you through His word. This word speaks, is alive and full of power, shows you what is in your heart like a mirror, Hebrews 4:12, James 1:23-25.

James 1:25 “He who looks into the perfect law of liberty (Word) and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.”

Deuteronomy 8:3c “Man shall not live by bread alone’ but man lives by every word that proceeds from the mouth of the LORD.” Jesus repeated this to stop the attack of Satan in the wilderness right before He started His public ministry, Luke 4:4. In the New Testament when Jesus uses this word, word is rhema, the specific spoken word used in spiritual warfare, the sword in Ephesians 6 armor passage.

Application: As you pray for the Church, your prayers touch all believers, yourself included. Learn to expand your prayers. When you pray for the Church; you are included in the prayers.

1 Corinthians 12:27 You are the body of Christ, and members individually.