



## Philippians 1: Meditate on God's Work in You

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

*Know and believe God will complete  
what He has begun in you*

**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.**

### Benefits of Meditation and Prayer –

Psalms 131 has only 3 verses. Look at it in **context**:

**v1 “LORD, my heart is not haughty, nor mine eyes lofty. Neither do I concern myself with great matters, not with things too profound (difficult) for me.”** This is an expression of David's humility. He did not ask for any high office but is content with whatever God has for him. He is expressing His trust in the Lord's plan.

**v2 “Surely I have calmed and quieted my soul, like a weaned child with his mother; like a weaned child is my soul within me.”**

**v3 “O Israel, hope in the LORD from this time forth and forevermore.”**

### What meditation and praying the Word does for your soul.

**v2 “Surely I have calmed and quieted my soul,  
like a weaned child with his mother;  
like a weaned child is my soul within me.”**

**This is one of those little glimpses of meditation itself.** David amplifies the one thought three times as if singing or speaking it to himself. David is also speaking to God, which is the kind of dialogue you have in meditation. He is at peace in his situation.

The **soul** (mind, emotions, will) is our point of battle with the enemy, the world and our flesh. This battle has to be won spiritually and you have to do it yourself.

It is through the Word of God that your **soul is transformed** as it renews your mind, Romans 12:2

**Response:** Is this the picture of your soul? like a weaned child?

Be honest with God. If you will **chose to come into agreement with God's Word**, receive this Word into your own life, the transformation of your soul will begin.

Take a verse like this. Meditate on it. Think on it. Apply it to yourself. Chew on it. Draw out understanding. Dialogue with God about it. Amplify it. This is hearing God speak through the Word. Digest it (agree with it). This is your response where you receive the Word into your heart (soul) where it produces what you seeded.

**The Word as an imperishable seed is implanted** (engrafted)

- in your soul (mind, emotions, will)
- and through obedience to the Word,
- produces after its kind
- and changes the way you think, feel and act.

As you continue to take charge of your thoughts, emotions, and bring them into conformity with God's Word, your soul will become as a weaned child's.

**Application:** Pray for this fruit of the Spirit, the self control that can come through meditation on the Word.