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Daily Devotional - Friday, February 8, 2019 - The Protection of Meditation

FEBRUARY 08TH 2019 BY DEE LOFLIN

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Psalm 119:9-16

FRIDAY

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If there was a seminar on overcoming sin, many Christians would sign up, hoping to discover the secret to victory over their temptations. But the answer isn't elusive; it's right under our nose. All we need to do is open our Bible. Every answer the psalmist gives to his initial question of how to keep our ways pure involves Scripture.

Live according to God's Word (Psalm 119:9-10). This means we must spend time reading and meditating on Scripture in order to know what it says and means. But that alone isn't enough to guard us from sin; we must obey it.

Treasure God's Word in your heart (Psalm 119:11). Since temptation usually comes unexpectedly, we must be prepared for it even when we can't grab a Bible. That's why having Scripture stored in our mind and heart is so important.

Rejoice in God's Word (Psalm 119:14). There is great joy and peace that comes with knowing Scripture. In fact, it should be worth more to us than all the wealth and possessions this world offers.

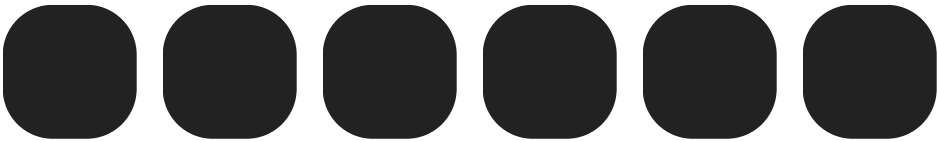
Meditate on God’s Word (Psalm 119:15). We must take time to attune our heart and mind to the Lord, ponder His words, and receive the Spirit’s help translating His instructions for our particular situation. This isn’t a rushed process; it’s a slow yielding of ourselves to the truths we read as we discover how to apply them. And consistency may require a deliberate commitment.

When we faithfully practice biblical meditation, we will discover that the Holy Spirit has been busy transforming our thoughts, emotions, and actions so we’ll be more pleasing to God and less attracted to sinful pleasures. That is good news!

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