

Sermon Notes

CHRISTIAN MEDITATION, A DRUGLESS HIGH

Psalm 1:1-3

- I. What Is Christian Meditation?
 - A. It involves the mind.
 - B. It involves sustained use of the mind.
 - C. It involves the scriptures.

- II. How Is It Done?
 - A. Have a regular time.
 - B. Have a regular place.
 - C. Ponder the word systematically.
 1. Is there an example to follow?
 2. Is there a sin to avoid?
 3. Is there a command to obey?
 4. Is there a promise to claim?
 5. Is there someone this passage suggests I pray for?
 6. Are there some things mentioned I should be thankful for?
 7. What does this passage teach me about God?

- III. What Are The Benefits of Meditation?
 - A. It illuminates the mind.
 - B. It strengthens the soul.
 - C. It calms the spirit.
 - D. It deepens our devotion.