|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Shape  Description automatically generated with medium confidence | | |  | How To Meditate on the Bible  **Pastor Jason McCray** |
| What is Biblical Meditation? It is NOT like the eastern, new age, mysticism meditation. It is NOT emptying your mind and waiting to see what ‘pops’ in there. It IS intentionally thinking about how a specific part of the Bible applies to your situation and then committing to do what God has said about it. Why practice Biblical Meditation? To enjoy all the spiritual blessings that God intends for His children (Joshua 1:8).  To regain vertical perspective and not be consumed by anxieties (Philippians 4:6-8)  To experience the stable and fruitful life of being connected to our Lord and Savior (Psalm 1:1-3). Example of Biblical Meditation What should we do when we face trials in life? What does the Bible say about trials, how to view them and how to respond to them?  **First,** trials are used to strengthen our faith (1 Peter 1:6-7).  **Second**, trials force us to remember what is truly important (2 Corinthians 4:17-18).  **Third**, trials prepare us to help others (2 Corinthians 1:4).  **Fourth**, we can go to God, asking for wisdom and trusting that He will help us with discernment and provision to walk through every trial we face (James 1:2-8). How should we respond to trials? Rest in God’s sovereign grace and care.  Ask God for wisdom and purpose to obey.  Walk with others who care about you. |
|  |  | |
|  |  | **16155 Waggoner Rd**  **Warsaw, MO 65355** |
|  |  | |
|  |  | **660-723-3719** |
|  |  | |
|  |  | **pastorjmccray@gmail.com** |
|  |  | |
|  |  | **Warsawbiblechurch.org** |
|  |  | |  |