

WHAT ARE THE BENEFITS OF MEDITATION?

It quiets our spirits. When we are troubled, God's Word calms our hearts, assuring us of His faithfulness, love, and sovereignty over our lives.

It enlightens our minds. To see our situations through God's eyes, we need to learn to think as He does, and this is only possible when we understand His ways and desires as revealed in His Word. In the process, He gives us a sense of peace and confidence in Him so that we can trust Him.

It increases our energy. In moments of weakness, we find strength in God's word. He knows exactly what we need and will provide it according to His riches and glory **(Phil 4:19)**. P-1830 When we are inadequate in ourselves, the Lord gives us His strength.

It purifies our hearts. As we meditate on the Word, the Holy Spirit exposes sins in our lives that we need to confess, repent of, and receive forgiveness and cleansing from the Lord. **(1 John 1:9)** P-1899

It enlarges our view of God. Meditation on Scripture reveals aspects of His nature that we may not have seen before. His love is saving sinners, His capacity to forgive those who don't deserve it, and His care and interest in every detail of our lives assure us that He is trustworthy and good.

It increases our love for God. The more we get to know the Lord through his Word, the greater will become our devotion to Him. Certain passages of scripture will inspire us to love Him more and will become lifelong reminders of His love, care, and provision for us.

It strengthens our faith. Our trust in God grows as we learn of His faithfulness in His Word and experience it in our lives through answered prayer.

It increases our awareness of God's presence. Time alone with the Lord makes us more sensitive to His constant presence with us and His work in us.

It infuses us with joy. After meditating on God's Word, we come away with a sense of joy, knowing that He is in control.